

4 SELF-CARE IDEAS

FOR MOMS AND OTHER WORKING WOMEN!



PUT SOME EFFORT INTO HOW YOU LOOK

I'm not saying you should be superficial but if you look good you feel good. I try to make it a point to keep up with my grooming (waxing, manis and pedis) it's my "me time" and it makes me feel better when I take the time to invest in how I present myself each day.

DEVELOP A DAILY ROUTINE

The most that I do is give myself some quiet time before I start my day. I've noticed that when I stick with a routine, I get so much more done, especially if I wake up early.



BE PRESENT

and by this I mean pay attention to things around you and your environment. You may be asking yourself what this means and how it relates to self-care. Here are some examples, maybe you'll hear or read an affirmation that really resonates with you, maybe you'll get some really great advice, maybe you'll hear or watch something that will make you laugh yourself silly, or maybe you'll find the opportunity to get some extra time to yourself.



TRY AN INTENSE STRETCH WORKOUT

Don't hurt yourself doing this lol, you know your body so do what works for you. This idea is a little different but I wanted to add it to the challenge for the week because in most instances when you stretch you have to touch your body.

