

3 SELF-CARE IDEAS

FOR MOMS AND OTHER WORKING WOMEN

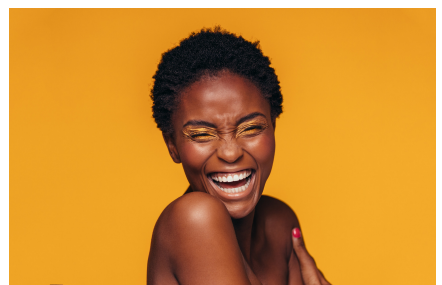


I DESERVE TO TAKE TIME FOR MYSELF

I'm constantly encouraging us all to take time for ourselves even if it's only for a few minutes. Self-care is incredibly important and can easily be neglected. And because of this, I've learned to try and encourage us to find self-care in everything that we do, even if it's a chore.

I WILL SEEK TO BE MORE OF MYSELF

Seeking to be more of yourself can be many things but it means being you authentically, not letting fear hold you back, doing what comes naturally, giving yourself some grace, allowing room for mistakes, laughing at yourself sometimes, and acknowledging what you bring to the table in any situation.



I AM ENOUGH, I DO ENOUGH, I HAVE ENOUGH

Some of us (if not all of us) are guilty of comparing ourselves to the lives of those who appear to be doing a lot better than we are. I read a quote recently that said "Don't compare your real life to someone's reel life." Read that again!



I GIVE MYSELF PERMISSION TO STOP AND BREATHE

Taking that breath is necessary especially if your day is chaotic. A breath may not seem like much because we do it effortlessly but when we purposely pause to engage in a few deep breaths, it can make a world of difference.

