



# 3 SELF-CARE TIPS

## FOR MOMS AND OTHER WORKING WOMEN!

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REMEMBER HOW IMPORTANT IT IS TO LOOK AFTER YOURSELF

THE NEXT TIME YOU FEEL GUILT, TRY TO REMEMBER THIS CHALLENGE.

### WORK ON A MEAL PREP SCHEDULE

MEAL PREPPING SAVES A LOT OF TIME AND IT TAKES THE GUESS WORK OUT OF WHAT YOU'RE GOING TO MAKE FOR DINNER OR LUNCH EACH DAY.



TAKE THE NIGHT OFF FROM COOKING

ORDER TAKE OUT IF YOU CAN. YOU CAN ALSO HAVE LEFTOVERS.

