

FOR MOMS AND OTHER WORKING WOMEN!

SELF-CARE IDEAS



PURCHASE AN ITEM

This can be anything. One of the first things that came to mind for me was purchasing something from Bath and Body Works. You can get any one item in their store for \$10 and under. And if they have a sale you might be able to get a two for \$20 deal.

LAUGHTER

This can mean watching a movie, having a good laugh over conversation if you or someone you know is feeling down. Month's ago I posted a self-care challenge titled "have a good laugh," I encouraged my readers to call someone who they know will crack them up during the conversation.



DO A FACIAL

Today, treat your skincare like a meditation practice and really build a connection with the process. Connect with each step of your skincare routine by focusing on the benefits that each product provides while putting it on your face and neck.