

Self-Care for Moms

A LIST OF THINGS TO DO FOR YOU

- Get a pedicure.
- Buy a book or check one out from the library to read before bed.
- Schedule a date with your girlfriends.
- Take a break from social media.
- Learn a new skill or take a class.
- Go out for coffee alone and read.
- Go for a walk in the woods or by the water.
- Set aside 5 or 10 minutes for meditation.
- Schedule a healthcare appt. or therapy appt.
- Get a massage.