



Self care gift boxes & support for all stages of motherhood

Self Care-What is it?

By definition self care is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress (i.e. [oxforddictionaries.com](https://www.oxforddictionaries.com/)). Self care is multifaceted and holistic in nature and looks different for everyone. I want to encourage you to find self care routines that allow you to be proactive, rather than reactive. You need to find things that help you mentally, emotionally, physically & spiritually.

First write down

1. I am worth it! Yes, write it down again.

2. My family & friends deserve the best version of me. Yes, write it down again.

We all have a different capacity for what we can handle and what we find joy in. How can we be the best version of ourselves if are constantly putting ourselves last on the list?

5 Essentials every person needs

1. Food

To nourish your body. What you put in is what you get out.

2. Sleep

Your body needs rest to heal and refresh. You know how your kids behavior is when they don't sleep well, but how is yours?

3. Quiet time

Your brain and heart need space to be still so you can learn to listen to what its telling you.

4. Gratitude

It's really hard to find gratitude in the mundane tasks of motherhood.

It is proven through research that people who are more thankful are happier.

5. Physical Exercise

We were made to be active human beings. Research has shown that our mental, emotional, physical & spiritual healthy are better with exercise.

If you could only choose 5 priorities to focus on for the next year, what would they be? List them in order of importance.

#1
#2
#3
#4
#5

Brain Dump here:

Where did you put yourself on that list? Are you even on the list? If not, why?

How do you feel when you don't take care of yourself? What traits come out in you?

How do you feel when you get ready for a date, wedding or something fancy? Are you more confident, energized? Does it exhaust you or drain your energy?

What brings you joy? What are you passionate about? Write down some things outside of your kids. What did you love to do pre-kids? If time and money were not a factor what would love to do?

What makes you feel energized/replenished?

What stresses you out or makes you feel anxious? (e.g. social media, meal planning, cleaning)

What kind of mom, spouse, friend do you want to be? Pick one area. Do you want to be more patient, compassionate, loving? Write down all the things you desire in this role.

Now, close your eyes and visualize for 2 minutes what that person looks like. What does she do and say in certain situations? How does she behave?

How will self care get you to that place? Visualize what things you will do to care for yourself and how it will help you acquire those above desired traits.

Write down 1 thing you will start to do for self care. Only choose 1 and be realistic. Start with the easiest area you know you can be successful at. Once you have that area tackled, choose another so you have a snowball effect.

This is a journey, not a destination. It may take you several months or years to build up these habits. Be patient & don't quit on yourself. Don't reprimand yourself when you get off track. Just start again by choosing 1 area.