

Self-Care Guide

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CLARISSA, THE LITTLE BREATHING SPACE

get lost in a book
silence
cloud watching
smelling your favorite scent
eating without guilt
notice good things
ayurvedic massage
doing nothing
eat slower, in smaller bites
listen to natural sounds
smell flowers
pet an animal
declutter junk drawer
walk a new route

CECE, MY 17-YR OLD DAUGHTER

I like...
baking
yoga
coloring
napping

MOHAWKMOMMA

notice what drains you
notice what sustains you
cultivate curiosity
rehearse rest
go a little slower
practice self-kindness
nurture self-acceptance
read or listen to poetry
engage the Examen meditation journal (diary, blog, vlog, audio)
drink room temperature water
stargaze
go swing at a playground
use aromatherapy
exfoliate lips, feet, etc. weekly
speaking a daily blessing over yourself
laugh
keep an ongoing gratitude list
belly breathe

THE HAPPY WORKING MOM

Make it a priority: I actually say, put yourself first. Think of self care as something you have to do in order to recharge and unwind.

Start with intentionally setting aside about 10 minutes a week to pamper yourself. When this becomes a habit for you, then bump it up to 10 minutes every other day, and then 10 minutes a day. You will notice a change in your life..

Focus on your 5 senses: For example, to nourish your sense of taste, eat something enjoyable. For your sense of sight, sit outside and enjoy the scenery. Want to nourish your sense of hearing? Listen to soothing music. A warm bath will enhance your sense of touch. And a dab of your favorite essential oils or perfume will get your sense of smell staying sharp.