



Self-Care for Busy Parents

For the mind...

- 15-minute meditation
- De-clutter a space
- Start a compliment jar
- Purge your social media accounts
- Listen to your favorite song(s)
- Have a bite of something sweet
- Do something creative
- Fix a small annoyance at home
- Bake something delicious
- Clean out a closet
- Watch your favorite movie or show
- Read a new book
- Make a homemade meal
- Listen to your favorite podcast
- Buy yourself some flowers
- Try a new recipe
- Rearrange a room in your home
- Organize your computer files

For the body...

- Practice deep breathing
- Run or walk for 30 minutes
- Dance like a child
- Stretch for 20 minutes
- Make a healthy food choice
- Put on your favorite outfit
- Be still
- Get 15 minutes of sun
- Light your favorite candle
- Find a reason to laugh
- Nap when needed
- Join a class or learn a new skill
- Cuddle with a soft blanket

For the soul...

- Help someone
- Journal your thoughts
- Listen to your emotions
- Spend time with a loved one
- Play with an animal
- Splurge on something you want
- Indulge in a hobby
- Hug someone
- Have a staycation
- Treat yourself to a home spa
- Plan a lunch date
- Plan a mini Getaway
- Spend time alone in nature
- Write yourself a love note
- Create a gratitude list
- Create a collage of your dream home
- Create a map of all the places you want to visit
- Create a bucket list
- Cry if you need to
- Look at old photos or videos
- Read poetry
- Make a list of goals

