

Moms often have very little time for themselves. Here are some creative ways to feel better when time is limited.

**If you have only 15 minutes to mother yourself:**

- ♥ Take a shower and use a candle or cleanser that feels or smells wonderful.
- ♥ Call a good friend/family member to connect – someone you can REALLY talk to.
- ♥ Make a delicious snack.
- ♥ Read a fun magazine or go online for enjoyment (not googling baby-related stuff).
- ♥ Lie down and rest.

**If you have only 30 minutes to mother yourself:**

- ♥ Take a relaxing bath. Close your eyes and allow yourself to feel the warmth and the weightlessness of the water.
- ♥ Sit down and eat a nutritious meal. Chew slowly and savor the taste and the sensation of being fed.
- ♥ Take a walk in your neighborhood. Turn your attention to the way your body feels. Notice what it's like to move without holding a baby.
- ♥ Go to a nearby coffeehouse and enjoy the feeling of being in the world, and being free to linger a bit.
- ♥ Take a short (but hopefully sweet) nap.

**If you have 1 or 2 hours to mother yourself:**

- ♥ Arrange for a gentle, loving massage. Treat yourself.
- ♥ Go to your favorite restaurant and eat something you are truly hungry for.
- ♥ Go to a movie and let your mind travel somewhere entirely different from your current life.
- ♥ Do some advance research to ensure that the movie is uplifting and not scary or depressing.
- ♥ Chamomile tea, earplugs, pillows, close the door and SLEEP.
- ♥ Find an entertaining, enjoyable book and lose yourself in a wonderful story.
- ♥ See a therapist to talk and feel supported in this particularly intense and amazing time.
- ♥ Go someplace in nature that you find beautiful - the ocean, mountains, a lake, a park and soak it in. Walk, meditate, breathe and immerse yourself in the beauty and wonder of the natural world.
- ♥ Go to a cafe and bring a notebook. Begin writing your birth story, or write about your current experience as a new mom, or – write something entirely different! Take this time to explore the contents of your own mind - often our thoughts and impressions receive very little attention and yet there is so, so much to process and metabolize.
- ♥ Go to a yoga or meditation class. Take some time to get in your body and give it some

love. Doing so in the presence of others can feel like an entrance back into the world.

- ♥ Add to this list and keep it nearby so that you can use the bits of “free” time you have to nourish yourself.

### **Other ways I can care for myself:**

If money is a consideration, here's another way to consider your options:

#### **Things that are free:**

- ♥ Getting out in nature
- ♥ Laying down and resting
- ♥ Taking a bath, yoga
- ♥ Stretching, going for a walk
- ♥ Reading something inspiring
- ♥ Calling a friend
- ♥ Eating something delicious
- ♥ Meditation

#### **Things that require money:**

- ♥ Massage
- ♥ Counseling
- ♥ Acupuncture

#### **Things that may be necessary:**

- ♥ Doctor visits
- ♥ Medication
- ♥ Therapy
- ♥ Time alone (get a babysitter)