

# QUICK SELF-CARE TECHNIQUES FOR BUSY MOMS

*Simple practices that take 5 minutes or less*

## PHYSICAL SELF-CARE

- Deep breathing: Take 5 deep breaths, inhaling for 4 counts and exhaling for 6
- Stretch break: Do a 2-minute full-body stretch between tasks
- Hydration: Keep a water bottle nearby and take mindful sips throughout the day
- Face massage: Take 30 seconds to massage your temples and jaw
- Quick walk: Take a brisk 5-minute walk, even if it's just around your house

## MENTAL SELF-CARE

- Gratitude practice: Note three things you're grateful for right now
- Media break: Take 10 minutes away from all screens
- Mindful moment: Focus completely on one sensory experience for 1 minute
- Positive affirmation: Repeat a supportive phrase to yourself
- Brain dump: Write down everything on your mind for 3 minutes to clear mental space

## EMOTIONAL SELF-CARE

- Emotional check-in: Take 30 seconds to identify what you're feeling
- Quick journaling: Write down your thoughts for 3 minutes
- Self-compassion: Speak to yourself as you would to a good friend
- Laughter break: Watch a short funny video or recall a funny memory
- Music therapy: Listen to one song that matches or shifts your mood

## SOCIAL SELF-CARE

- Connection text: Send a quick message to someone who lifts your spirits
- Boundary practice: Say "no" to one small request that doesn't serve you
- Ask for help: Delegate one task to someone else today
- Appreciation: Tell someone specifically what you value about them
- Support check-in: Reach out to a fellow mom for a quick chat

## CREATE YOUR PERSONALIZED SELF-CARE MENU

List your favorite quick self-care activities for each category:

**Physical:** \_\_\_\_\_

\_\_\_\_\_

**Mental:** \_\_\_\_\_

\_\_\_\_\_

**Emotional:** \_\_\_\_\_

\_\_\_\_\_

**Social:** \_\_\_\_\_

\_\_\_\_\_