

Self Care Cards For Busy Moms

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"Be good to yourself.
If you don't take care of
your body, where will you live?"

- Kobi yamada



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Print this document. Cut out the cards and put them in a jar or box. Go ahead and decorate the jar or box if you like! When you feel overwhelmed or just want to practice self-care, either pick a card and do what it says or find the first card your willing to do...and DO IT!

<p>Make a cup of tea. Now sit down and enjoy it, Sip by sip.</p>	<p>Call your funniest friend Tell her you need a laugh.</p>	<p>Find a quiet place. Read a chapter of a book or flip through your favorite magazine.</p>
<p>Take a nap. A 20-30 minute “power nap” is an ideal refresher.</p>	<p>Ask Yourself: <i>Are my goals or expectations realistic?</i></p>	<p>Do Absolutely Nothing! (For at least 5 minutes)</p>
<p>Forget Perfect. Embrace Your Imperfection.</p>	<p>Buy yourself flowers. Enjoy them.</p>	<p>Spend 30 minutes doing something you really, really enjoy.</p>
<p>Ask Yourself: <i>Am I considering all the options?</i></p>	<p>Draw or Color.</p>	<p>Call your most supportive friend and ask for support.</p>
<p>Take a walk. Enjoy the beauty of nature.</p>	<p>Put on your favorite music. Upbeat or relaxing. You know what you need.</p>	<p>Ask Yourself: <i>How important is this in the long run?</i></p>
<p>Call your best friend and make a date to get together soon!</p>	<p>Smell something nice For example - an orange, your favorite essential oil, or some perfume.</p>	<p>Ask Yourself: <i>What can I change about my attitude?</i></p>

<p>Breathe slowly. In through your nose, out through your mouth. Repeat five times or until you feel better.</p>	<p>Get up and move! Dance. Walk. Run. Do whatever exercise you are willing to do.</p>	<p>Enjoy a good long stretch. Try some simple yoga poses if you like.</p>
<p>Write your feelings in a journal. Remember, those pages won't talk back or judge you so tell the truth.</p>	<p>Imagine achieving your goals and dreams.</p>	<p>Relax with your favorite beverage.</p>
<p>Savor two pieces of high-quality chocolate.</p>	<p>How is your integrity? Do your thoughts, feelings and actions match. If not, what can you do about it?</p>	<p>Ask someone for a hug.</p>
<p>Look at something pretty.</p>	<p>Ask Yourself: <i>Am I being too hard on myself?</i></p>	<p>Speed up or slow down. Only you know which you need to do.</p>
<p>Give yourself a manicure or pedicure. Or make an appointment to get one soon!</p>	<p>Meditate or pray.</p>	<p>Take a warm shower with some nice-smelling soap.</p>
<p>Write a list of the things you are grateful for!</p>	<p>Nibble on something delicious.</p>	<p>Tell someone who cares about you what is bothering you.</p>

<p>Ask Yourself: <i>What is it about this situation that I can do something about? Let go of the rest.</i></p>	<p>Graciously cancel a commitment that you regret making. (Learn to say “no.”)</p>	<p>Find a quiet spot (even the bathroom will do) and think about something positive.</p>
<p>Purchase something that you want and can afford.</p>	<p>Ask Yourself: <i>What is my gut telling me?</i></p>	<p>Ask Yourself: <i>What do I have in my life that I can enjoy at this moment.</i></p>
<p>Plan to go to or rent a movie as soon you can. Comedy or drama – whatever you prefer.</p>	<p>Get a set of watercolors (a child’s set will do) and paint!</p>	<p>Cut out images that appeal to you from a magazine. Make a collage and see what you learn about yourself. (Hint: What do these images have in common?)</p>
<p>Get out of the house. Some ideas: Go feed the ducks, shopping, go to a museum.</p>	<p>Do a random act of kindness for a stranger or someone you love.</p>	<p>Put on the radio and sing your heart out.</p>
<p>Read something inspirational.</p>	<p>Make yourself a fruit smoothie with whatever fruit you have and enjoy the healthy treat.</p>	<p>Two Words: Hot Chocolate</p>
<p>Plan a date with yourself. Get dressed up. Treat yourself to a movie & dinner in a fancy restaurant.</p>	<p>Remember the serenity prayer: <i>Is this something you can change or not?</i></p>	<p>Call a friend that you have lost touch with and enjoy reconnecting.</p>

Make Your Own!

Please Note: Sarah is deeply grateful to Coach Maria Marsala for her “Serenity Cards,” which were the inspiration for The Balanced Woman Self-Care Cards.

These cards are a sample of The Busy Moms Stress Relief Kit which is available FREE at www.SolutionsForBusyMoms.com

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