

SELF CARE MENU

SOAK IT UP 01

Dim the lights and grab your favorite snack. Pour yourself a large tumbler of ice water before you sink into a soothing, steamy bath...

BINGE...JUST A LITTLE 02

Need to catch up on a show? Maybe it's time to indulge your comfort characters? The Ron Swanson/Andy Dwyer/Chris Trager Trio is always a good time!

HIT THE SNOOZE 03

Turn off the lights, close the door. I want you to grab your coziest blanket and let yourself sink into your bed. Rest your head easy knowing baby is safe with a caregiver of your choice!

COFFEE DATE 04

Connect with others to avoid the isolation slump that comes with postpartum. Set plans with a friend and commit to it!

CONNECT 05

Set time aside to reconnect with your partner. Adding a tiny human and discovering new roles doesn't leave much for emotional or physical intimacy. Prioritize your relationship and grow as new parents together.

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FRESH AIR FEELS 06

Connecting with nature promotes people who are generally happier and have lower levels of anxiety and depression. Nature can also help with concentration and reduce feelings of anger.

PUZZLE PARTY 07

Engage your brain in a challenging activity! Puzzles, games, or a diy project! Get creative and keep your mind healthy.

GLISTEN & GLAM 08

Treat your tootzies to a spa day, or book your favorite hair stylist. Call upon a friend just to browse the stores or help you pick out a new outfit for an upcoming event.

DAYDREAM 09

Get lost in your favorite book or start a new one. Maybe youre experiencing a hiccup and some parenting education will reduce your stress!

WRITE IT OUT 10

Journaling can help you articulate and organize your feelings, setting a path to understanding your emotions while giving clear instruction for your needs.

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MOVE YOUR BODY 11

Release physical stress and tension; take care of your body by using it.

BREATHE 12

Grounding techniques help you become present in the moment; holding space and time to reflect.

MUSIC IS HAPPINESS 13

Raise endorphins or cry it out, throw on whatever lyric you need to heal. Maybe try a podcast and learn something new!

BAKE A TREAT 14

Nourish the Nurturer! Google a recipe and try something new! Your body has worked hard but isn't done yet; refuel with something cool!

NOTHING 15

Give yourself permission to do nothing...
Not every minute of the day needs to be filled with an activity just because you have free time. Your brain needs periods of rest to avoid demand overload and to recharge for future tasks. Embrace the power of simply being present, letting your thoughts wander naturally or even indulging in a moment of quiet reflection. Whether it's sitting quietly with a cup of tea, watching the clouds drift by, or simply enjoying the silence, these moments of stillness can be incredibly rejuvenating. Remember, doing nothing is an essential part of self-care, allowing you to return to your daily activities with renewed energy and clarity.