

Self-Care

STRATEGIES FOR BUSY MUMS

The Ultimate Guide For Busy Mums
"If you value your health and wellness, then others will too".



A blurred background image of a woman with blonde hair holding a white coffee cup with a white lid. The text 'WELCOME MAMA!' is overlaid in large, bold, black capital letters.

WELCOME MAMA!

You're here because somewhere in your busy #mumlife you have forgotten to take care of the most important person in the world.... **YOU!**

This guide has been designed specifically for the heart-centered, focused and driven mums of the world that need a bit of extra support in creating their own list of self-care strategies.

Let's begin with the WHY?

Because **YOU** are the centre of your family.

Because **YOU** deserve to be cared for.

Because **YOU** seek health, happiness and wellness;

And because you strive to be productive, efficient and on top of your game.

Without a solid self-care strategy, then it all slowly comes undone, and I've been there before, and trust me it's not where you want to be either.

I hope this guide helps you to create a self-care plan that has you feeling the best version of you!

Good luck,

Bek xx

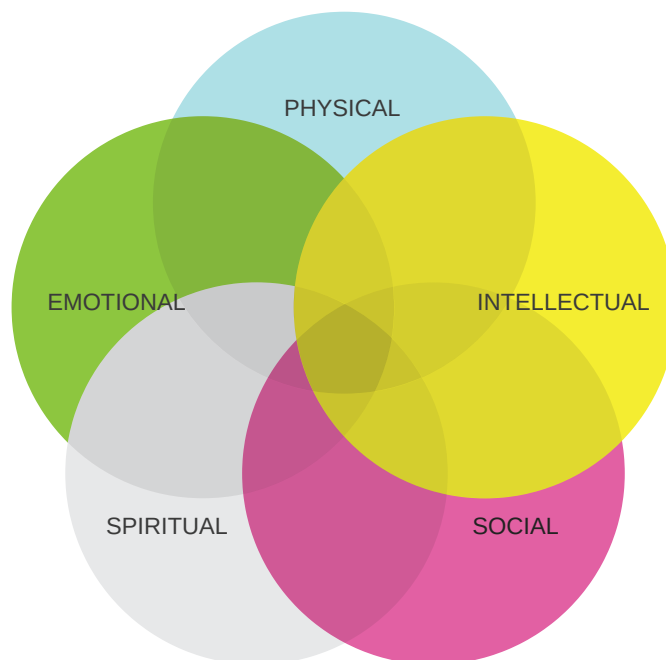
THE 5 DIMENSIONS OF SELF CARE

You may have heard the term before, but what does 'self-care' actually mean? An easy way to think about this concept is that it is an intentional act done by you, for you.

It can be easy to misconstrue taking care of yourself as a selfish act, but in fact, taking deliberate action to maintain or enhance our physical, emotional and mental well-being is an important part of being able to regulate our fundamental human state. Doing so can help us to handle stress better, reduce feelings of anxiety or depression, and promote an overall sense of well-being (among other benefits!).

In our current fast paced, time poor society, it's often natural that we invest a large portion of our time on activities that we excel in, make money in or at least justify our productivity. But, we have a need to spend time nurturing ourselves across the spectrum, and to take time to explore each of these dimensions, despite how alien it may feel.

When our needs are not properly being met, we begin to show signs of burn out. The tricky part is recognising which part of the spectrum may need to be replenished.



SELF CARE STRATEGIES

SLEEP

It goes without saying. But, if you are like me and blessed with a baby that wakes every hour or two then you are going to have to get creative with where you steal those precious z's from. I relied on family and my husband to help me catch some here and there. But if you have the opportunity to get at least 7 hours of sleep at night, then take it. Don't waste it responding to work emails or trawling the internet for online shopping sites that use Afterpay.

DIET

At the risk of sounding like a broken record, a balanced diet and optimal nutrition is the foundation of optimal health and wellbeing. Life as a busy mum doesn't always allow us to create insta worthy meals every day, but making small, simple changes to your diet can have a lasting impact when it comes to mental clarity. Head over to my recipe page for some quick, easy and nutritious meal ideas. Or alternatively contact me if you would like to organise a tailored meal plan for you and your self-care needs.

EXERCISE

Even if you can only manage incidental exercise. I aim to walk my kids to childcare which is literally only a 5 minute walk away, but if that's all I can manage in a week then I'm happy. It forces me to walk slowly, be present and to breathe in the crisp morning air which actually helps to lower my anxiety levels and level out my emotions going into the day.

"It's not selfish to do what is best for you."

FIND YOUR TRIBE

I keep banging on about this I know, but it really is so important to maintain social support. It doesn't have to be getting out and being social every night of the week or filling up your weekends with endless social events, but staying connected with a select group of people that light you up and make your soul dance will do wonders for your motivation. These people could be fellow mums, family or people you connect with regularly via social media!

FIND A HOBBY

Now, if your hobby is lying on the couch catching up on the latest episodes of your favourite trashy tv show, then lady turn that Netflix on and chill the fuck out! You don't have to sign up to that new barre class or suddenly develop a green thumb, but hey if those things float your boat then more power to you! As long as you do something that makes your soul happy. Even if you can only manage an hour a week.

PAMPER YOURSELF

Give yourself permission to be pampered every now and then and actually schedule it into your calendar. Make sure that your partner or family are fully aware that it's there. Treat it as an important appointment to keep. Whether it's paying money for a spa session or bribing the kids to watch movies and be quiet for an hour so you can soak in the tub with a glass (or bottle) of wine.

KEEP THE MIND SHARP

If you maintain the attitude that stress is a challenge—rather than a threat, you are better able to handle it. Keeping your mind sharp, by doing some small problem solving activities, like sudoku, you are more equipped to solve the problems and take on the “challenges” that life presents.

"You owe yourself the love that you so freely give to other people."

ATTITUDE

How to be Happy - Decide every morning that you are in a good mood... This is now my mantra. Looking at things through an optimistic lens can not only decrease your stress level but bring you more success in life!

PROCESS YOUR EMOTIONS

Keeping your emotions bottled up usually leads to an emotional explosion, later on, this is coming from personal experience. It's generally healthier to listen to your feelings, process them and try to understand them. Consider them red flags that tell you when something is not right with your world. A great way to process emotions is the act of journaling (or blogging). When you write about your feelings, and potential solutions to your problems, you can reduce stress in your life and even see some health benefits!

"You! Woman! Are powerful. Go prove it to yourself today!"



AFFIRMATIONS

DONE IS
BETTER THAN
PERFECT.

I CHOOSE TO BE
CALM.

I AM THRIVING.

I GIVE MYSELF
PERMISSION TO
SLOW DOWN.

I'M ALLOWED
TO SAY NO.

GETTING STARTED

Self-care should be high on everyone's agenda – could you imagine what your world would look like if everyone around you practised self-care? I bet it would be a lot calmer. Now that we know what self-care is, the challenging part, especially for us mums, is finding time to dedicate to self-care in a way that doesn't feel like we are slotting in another chore, and finding what it is that feeds our soul. Below is a list of some of the basic elements of self-care to get you started.

CREATE A SACRED SPACE

This is so important for everyone, but particularly for mums with young children. Our bodies and space are pretty much extensions to our children in their eyes. They usually like to be with us and on us for much of the day. Mums need a special place of their own where they can replenish their vessel.

CREATE A SELF-CARE ROUTINE

Self-care doesn't have to take up a lot of time in your day, and I'm definitely not suggesting that you have to fit in every strategy in this guide. Self-care doesn't have to be anything spectacular or even take time to plan. The point is to take time out alone to do things you love doing or that help you re-center.

You can spend 10 effective minutes re-centering, a few hours, or any amount of time in between, ***the aim is not to stress out about the time it will take.***

What you do during this time is what will make the difference or not: sometimes it's nice to just veg out and scroll through our phones or binge watch tv, but in order to really connect with yourself and see a difference in your emotions and life, It's really important to do some type of activity that helps you let go of stress, rather than just ignore it.

SOME SUGGESTIONS FOR MAKING THE MOST OF YOUR SELF-CARE TIME:

- ♥ Pick a time of the day that works best for you with where you are in motherhood (life with a young baby looks different than life with a pre-schooler who sleeps through the night, etc). My kids wake up early, so mornings don't work for me. I try to do my self-care time at night after my kids are in bed.
- ♥ Turn off electronics and notifications.
- ♥ Work on yourself: read books that help you grow and understand your personality, or try journaling as a means of processing some emotions you may have experienced through that day/week.
- ♥ Guided meditations are amazing: I love guided meditations because our minds and bodies don't know the difference between our current reality and the one we're imagining in our heads. You can get instant relief and peace from a guided meditation. I also love to jump into bed early (if possible) and listen to my 'sleep' music in my headphones and let my mind wander and daydream.

Don't stress out over what you **should** do, just allow yourself to be drawn to whatever grabs your attention. If you don't like doing something, don't do it! Once you spend enough time with yourself, you will begin noticing what you're drawn to. Start with what you most need in life. If you don't know what you want, then you can use the following template as a guide to help you pick a starting point.



IF I HAD ALL THE TIME IN THE WORLD RIGHT NOW TO DO SOMETHING JUST FOR ME – WHAT WOULD I DO?

WHAT ACTIVITIES DO I CURRENTLY DO IF I GET SPARE TIME?

WHAT DO I DISLIKE DOING WHEN I GET SPARE TIME?