



## 7 Self-Care Habits

*Self-Care is an absolute necessity for any breathing body & especially those that birthed babies!*

*Create a regimen that balances these 7 self-care habits and we guarantee you'll notice a difference in the way you feel & function for the family! Contact us for more creative ways to enjoy Mommy Moments!*

- **Routine Health Checks** (schedule your wellness checks, get second options & prioritize your well-being year-round)
- **Rest Well** (having enough sleep can make or break the day, so do what you must to get at least 7 hours of sleep each night)
- **BREATHE** (make moments throughout the day to simply breathe, contact your doula on the best breathing exercises you can try in those moments of stress)
  - **Move Your Body** (stretch, walk, work out that body...circulate your blood, stimulate your heart & intentionally move your body weekly, if not daily)
- **Connect With other Moms / Groups** (feeling supported by other women with similar life experiences can boost confidence and strengthen your support system)
- **Block off time for Mommy Moments on Your Calendar** (this ensures you make and take the time you deserve to water yourself)
- **Have a Hobby** (after you have created time to pamper yourself physically! Having a hobby to nurture is the icing on the self-care cake!)