

Self Care Cards For Busy Moms

by Sarah Zeldman,
Life & Business Coach
SolutionsForBusyMoms.com

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

- Kobi yamada



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!

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

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

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

Make Your Own!

These cards are a sample of [The Busy Moms Stress Relief Kit](#) which is available FREE at [SolutionsForBusyMoms.com](#).

Please Note: Sarah is deeply grateful to [Coach Maria Marsala](#) for her “Serenity Cards,” which were the inspiration for the Self Care Cards For Busy Moms.