

Self Care Ideas

- Prayer/Meditation time
- Read a book
- Take a nap
- Move your body
- Go on a date with your husband
- Have an at-home date with your husband after the kids are in bed
- Have a dance party with your kids and laugh
- Keep your phone in the other room for 1 hour
- Get up one hour before anyone else
- Drink half your body weight in oz of water
- Sleep 7-8 hours
- Write down 5-10 things you are grateful for
- Do something kind for someone else
- Schedule a girls night
- Join a book club/bible study
- Join a gym with a child care
- Take a shower
- Sing in the shower
- Get a massage
- Write down your dreams
- Buy yourself a new outfit
- Journal
- Budget
- Do your hair and makeup
- Wear your favorite jeans
- Look in the mirror and say out loud one thing you love about yourself
- Deep breathing
- Ask for help
- Declutter a space in your home that creates anxiety
- Listen to a podcast
- Grab an adult coloring book and color along with your kids
- Take a bubble bath
- Say NO, find your best yes
- Fuel your body with healthy food
- Cuddle with your furbabies
- Silent retreat
- Laugh with your kiddos

Discussion Questions

1. On a scale of 1-5, 1 being rare and 5 being consistent, where would you rate your self care efforts?
2. What is one self care activity you would choose if time and money weren't an issue?
3. What activities bring you joy?
4. What is something in my life that is a time sucker that I could do without?
5. What are small practices of self care you can add into your daily life?

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