



MINI MOMENTS OF SELF-CARE

You don't need hours. You just need a moment.
Check off one or two each day—or simply read through
and breathe.

Start Small—Choose What Feels Good Today:

- ☐ Take a shower with the door closed and your favourite playlist playing
- ☐ Sip your coffee or tea while it's still hot
- ☐ Stretch your body for 5–10 minutes—no pressure, just movement
- ☐ Write a few thoughts in a journal—what you're feeling, what you're grateful for
- ☐ Take a short walk (even just around the house or backyard)
- ☐ Ask for help so you can rest for 10 minutes without interruption
- ☐ Read a few pages of a book you enjoy
- ☐ Light a candle and sit in quiet for 3 deep breaths
- ☐ Let the kids watch something while you take a reset moment—guilt-free
- ☐ Text a friend “just to check in” (connection counts too)
- ☐ End your day with a calming routine: soft light, slow breath, quiet space

♥ **Remember:**

*These aren't tasks to complete—they're gentle nudges back to you.
Start where you are. Breathe. You're doing beautifully.*