



Self Care for Working Moms



Sometimes working Moms feel stretched to the limits. Remember the care you give to yourself is as important as the care you give to your family.

The basics

- ☀ Get enough rest/sleep
- ☀ Eat nutritious meals
- ☀ Exercise regularly

At home

- ☀ Let story time be as relaxing for you as it is for your child
- ☀ Avoid overly stressful situations or people
- ☀ Take up a relaxing hobby
- ☀ Practice meditation

Out and about

- ☀ Join a play group or babysitting co-op
- ☀ Join a parent support group
- ☀ Take advantage of activities at local libraries, community centers and churches

Finally,

- ☀ Laugh out loud often.

You'll have a lot to be happy about for a job well done!

