

15 MINUTES TO BETTER SELF-CARE



Self-care is the act of taking care of yourself. It does not need to be complicated or time consuming. Try these 8 ideas that will take 15 minutes or less.

By Sara Robinson, MA

1 READ

Just about any type of reading will fit the bill- books, magazines, blogs, whatever! As long as it's not reading that causes you stress, it counts as self-care.



2 GO OUTSIDE

If you are able to walk, a short stroll can clear your head, allow you to enjoy nature and get you out into a refreshed place. If you can't walk, sitting outside and enjoying the day is a great choice.



3 CALL A FRIEND

Texting, emailing and instant messaging have become all-too-common. Take the time to call someone who helps you feel good and who will brighten your day.



4 COLOR

There is a fantastic new trend of adult coloring books. Coloring can act to calm you down and clear your mind as you focus on the task at hand.



5 LISTEN TO MUSIC

Choose music that you enjoy; it can be music that energizes you, relaxes you, inspires you- it doesn't matter. Take the time to focus on the music and enjoy the time to yourself.



6 PRACTICE MINDFULNESS

Sit in a comfortable position and focus on your breathing. When thoughts enter your mind, let them pass through without judgement and refocus on your breathing. When you practice mindfulness on a regular basis you will likely notice feeling more calm in your daily life.



7 TAKE A NAP

When you're not getting enough sleep it's almost impossible to be at your best. Many moms know that getting a good night's sleep is a challenge. Take the time to add to your sleep bank.



8 THINK POSITIVELY

With everything you have going on, it may be hard to be positive. However, by working to practice positive thinking, we may notice that we begin to feel better and are not as focused on the challenges.



These and other ideas can be found at: <http://getmombalanced.com/15-minute-self-care/>