

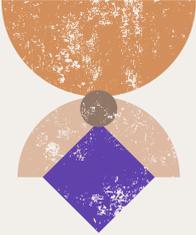
# Self-Care

STARTER GUIDE  
FOR BUSY MOMS

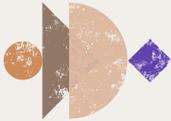
10 STEPS  
TO  
RECHARGE  
AND THRIVE

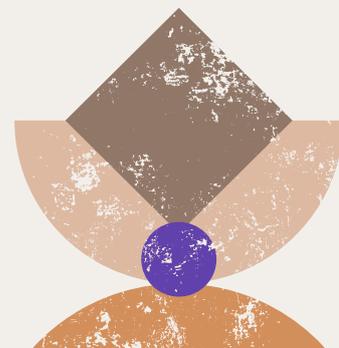
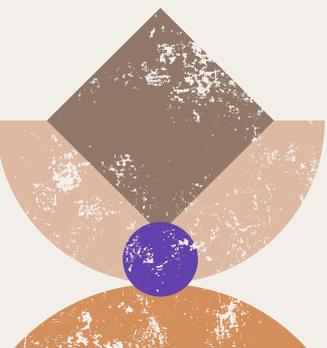


**CARLI BLAIR**



# Table of Contents

	Introduction	01
	Find Your Pockets of Time	02
	Fuel Your Body	06
	Move Your Body	09
	Mind Your Breathing	12
	Nurture Your Spirit	15
	30 Days to You: Self-Care Challenge	18
	Conclusion	20





# Introduction

Welcome, Sis!

As moms, we are often the backbone of our families, juggling schedules, managing the home, caring for our children, and supporting our partners. While we're busy taking care of everyone else, it's easy to forget one important person: ourselves. But here's the truth, taking time for self-care isn't selfish. In fact, it's essential.

This guide is designed specifically for you, the mom who has a lot on her plate, but knows that in order to show up as the best version of yourself, you need to take care of your mental, emotional, and physical health. Think of this guide as your roadmap to simple, effective self-care strategies that fit into your already full life.

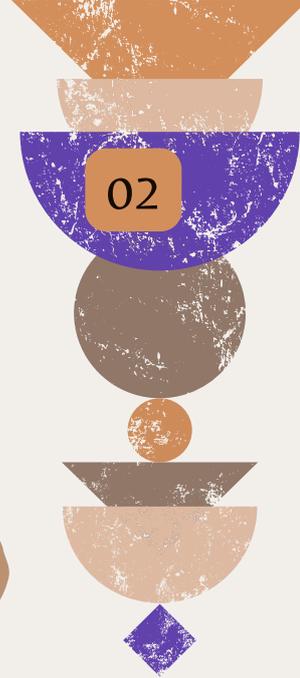
Inside, you'll find easy-to-implement tips that can help you feel more grounded, energized, and more in control. Whether it's finding small moments of peace in your day or learning how to nourish your body for better energy, this guide offers realistic steps to help you thrive.

You deserve to feel good, sis. Let's make self-care a priority, starting today!

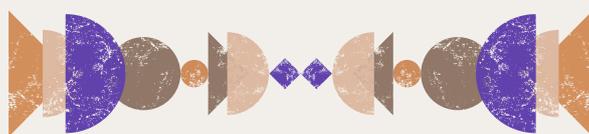
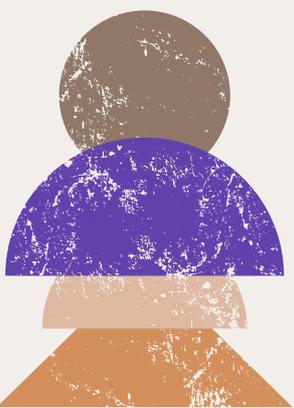
Peace and Blessings,

*Carli Blair*

# Step 1: Find Your Pockets of Time



When it comes to self-care, time often feels like the biggest obstacle. As a busy mom, carving our large chunks of time for yourself can seem impossible. But self-care doesn't need to take hours. In fact, it's often the small, consistent moments that make the biggest impact. Here's how to find those pockets of time, even in the busiest of days:



# Tip 1: Micro Moments of Self-Care

03



Self-care doesn't always require an hour-long yoga session or a weekend retreat. Sometimes, it's the micro moments that rejuvenate us. Think of it as small, intentional pauses in your day to reconnect with yourself.

- **Deep Breathing ( 3 minutes):** Find a quiet moment during your day, maybe while the kids are napping or playing, and practice deep breathing. Inhale for 4 counts, hold for 4, and exhale for 4. This simple practice helps calm your nervous system and center your thoughts.
- **Stretching in the Kitchen:** While waiting for water to boil or food to cook, take a few seconds to stretch. Reach your arms overhead, roll your shoulders back, and do gentle twists. These movements will help release tension and energize you.
- **Meditating in the Car:** Before picking up the kids or running errands, take 5 minute to practice mindfulness in your car. Close your eyes, focus on your breath, and let go of any tension. The quick reset can make a big difference in your day.

# Tip 2: Morning / Evening Routines

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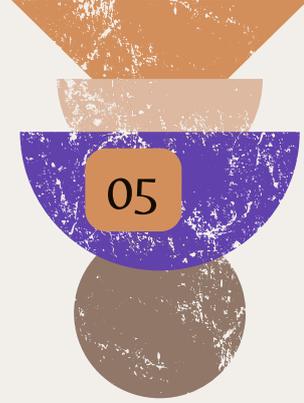


my  
\* DAILY \*  
ROUTINE



Rituals at the beginning and end of the day can be your secret weapon for maintaining balance. These small but powerful routines help anchor your day, giving you moments to focus on yourself before the busyness take over.

- Morning Rituals: Start your day by just taking a few minutes to center yourself. You can try:
  - Gratitude Journaling: Write down 3 things you're grateful for before diving into your day. It sets a positive tone and shifts your focus toward appreciation.
  - Quick Stretch: Before you get out of bed, take 1-2 minutes to stretch. Reach your arms above your head, point your toes, and breathe deeply. This small action wakes up your body and boosts your energy.
- Evening Rituals: The end of the day is the perfect time to unwind and nurture your body and mind:
  - Skincare Routine: Treat your skincare routine as a moment of mindfulness. As you cleanse and moisturize, breathe deeply and focus on the sensation. It's a simple but grounding way to care for yourself.
  - Quiet Time: Spend 5-10 minutes before bed in quiet reflection. Whether you choose to meditate, read, or simply sit in silence, these moments can help you decompress and sleep more soundly.



By weaving these small rituals into your day, you'll be able to create intentional moments of self-care without needing extra time or complicated steps.

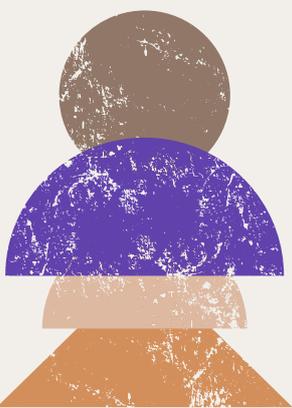
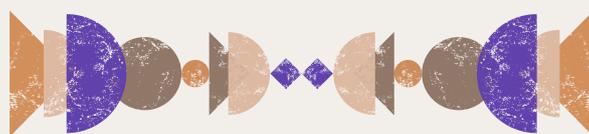
# Step 2: Fuel Your Body

06

**Nutrition**  
VECTOR ILLUSTRATION



Taking care of your body is just as important as caring for your mind. The foods and drinks you consume have a direct impact on your energy levels and mental clarity. Here are two simple ways to fuel your body throughout the day:

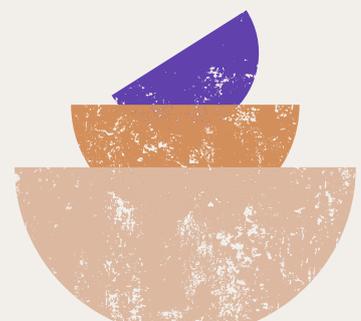
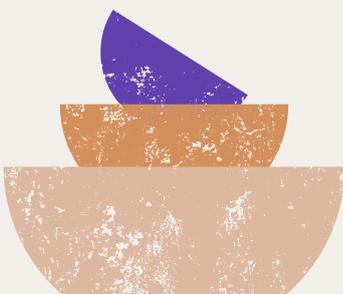


# Tip 3: Nutrient-Packed Snacks

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Nourishing snacks can give you the energy boost you need without the crash that often comes with sugary treats. Here are some quick and easy ideas for nutrient-packed snacks:

- **Greek Yogurt with Fruit and Nuts:** Greek yogurt is packed with lean protein and probiotics, and when paired with fruit and nuts, it becomes a perfect balanced snack.
- **Protein Bars:** Keep a stash of protein bars in your bag for a quick snack on the go. Look for bars with natural ingredients and a good balance of protein and fiber.
- **Veggies and Hummus:** Cut up veggies like carrots, cucumbers, and bell peppers paired with hummus provide fiber, healthy fats, and protein to keep you full and energized.



# Tip 4: Hydration

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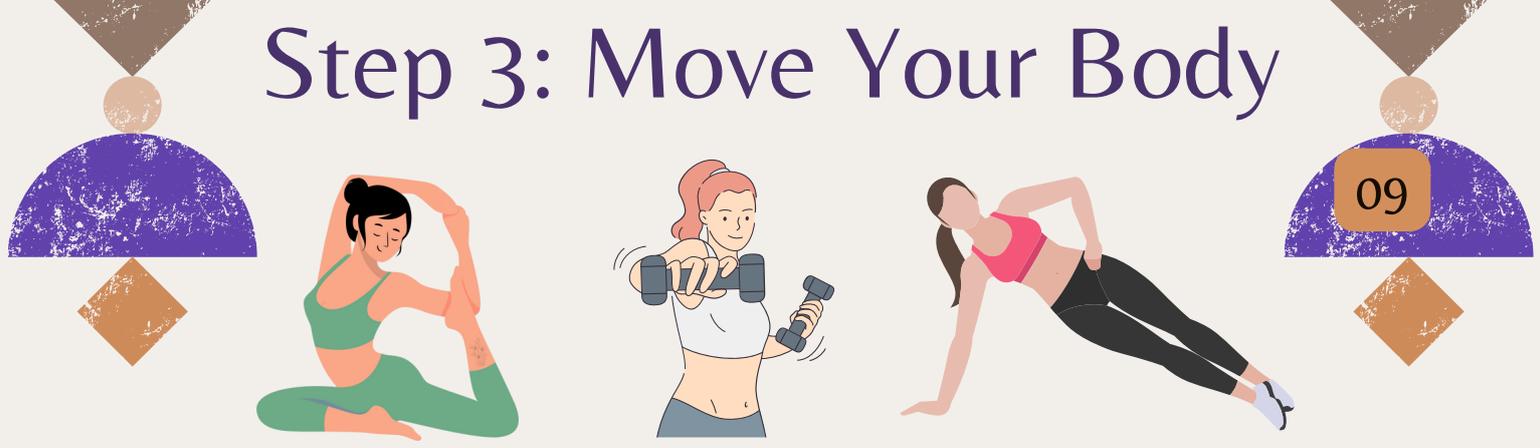
Staying hydrated is key to maintaining energy and mental clarity. Dehydration can leave you feeling sluggish and unfocused, so make water a priority.

- **Set Reminders:** Use your phone or a water-tracking app to set reminders throughout the day to drink water. Aiming for at least 8 glasses a day will keep your body and mind functioning at their best.
- **Infuse Your Water:** Make hydration more enjoyable by infusing your water with fruits and herbs like lemon, cucumber, mint, or berries. This adds a refreshing twist and encourages you to drink more.

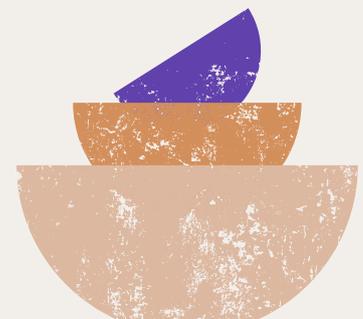
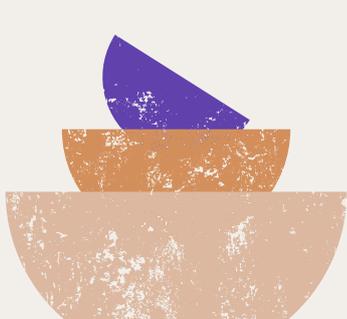
By fueling your body with nourishing snacks and staying hydrated, you'll feel more energized and ready to take on your day.



# Step 3: Move Your Body

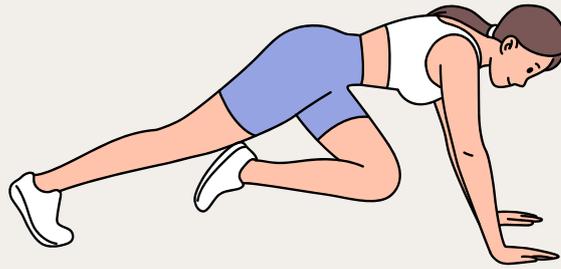


Moving your body is one of the most effective ways to boost your energy, improve your mood, and stay healthy. Even when you're short on time, incorporating movement into your day doesn't have to be complicated. Here are two simple ways to keep your body active, even with a busy schedule.



# Tip 5: Quick Workouts

10



You don't need a full gym or hours of free time to get a good workout in. Short bursts of exercise can be just as effective for boosting your energy and mood. Here are some examples of 10-minute workouts that can be done at home with little to no equipment:

**Bodyweight Circuit:** Perform each exercise for 45 seconds with 15 seconds of rest in between:

1. Jumping Jacks
2. Bodyweight Squats
3. Push-ups
  - a. Can be done on knees if needed.
4. Plank
  - a. Hold for 30-60s
5. Lunges
  - a. Alternating Legs

**High-Intensity Interval Training (HIIT):** Alternate 30 seconds of intense exercise with 30 seconds of rest:

1. Burpees
2. Mountain Climbers
3. High Knees
4. Squat Jumps

**Yoga Flow:** Take 10 minutes to move through basic yoga poses.:

1. Downward Dog
2. Child's Pose
3. Cat-Cow Stretch
4. Warrior I and II
5. Forward Fold

\*\*\* Even just 10 minutes of movement can increase your energy, release endorphins, and give you a mental reset, making it easier to tackle the rest of your day!

# Tip 6: Incorporate Movement into Your Day

11

If setting aside time for a structured workout seems impossible, don't worry, you can still fit movement into your daily routine without taking extra time. Here are some easy ways to stay active throughout the day.



**Walking During Phone Calls:** Whether you're on a work call or chatting with a friend, walk around your house or step outside for a quick stroll while you talk. This not only gets you moving but also adds fresh air and a change of scenery.



**Squats While Folding Laundry:** Turn an everyday chore like folding laundry into an opportunity to move. Each time you bend down to pick up laundry, do a squat or lunge. It's a simple way to sneak in extra strength training.



**Dancing with the Kids:** Turn on your favorite music and have a dance party with you kids! It's a fun way to burn calories and bond with them while getting in some cardio.

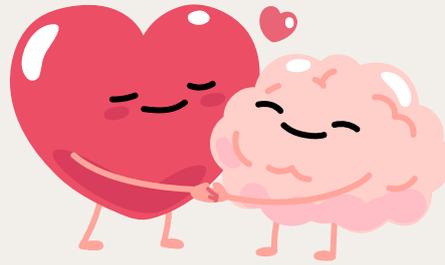


**Stretching While Watching TV:** If you find yourself watching TV, take a few minutes to stretch your legs, arms, and back. You'll feel more limber, and it keeps you from sitting still for too long.

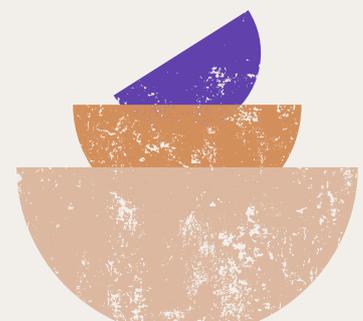
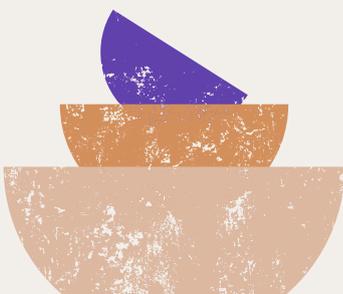
By incorporating small movements into your day, you'll keep your body active, boost your mood, and feel more energized, all without needing extra time.

# Step 4: Mind Your Mental Health

12



Taking care of your mental health is just as important as taking care of your physical health. When your mind is clear and calm, you can navigate the challenges of motherhood with greater ease. Here are two simple yet powerful strategies to help you prioritize your mental well-being.



# Tip 7: The Power of Breathing

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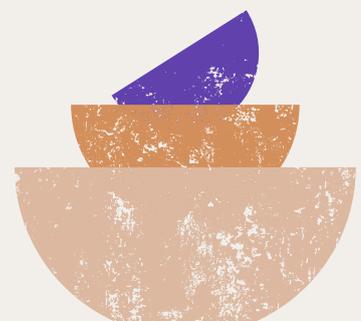
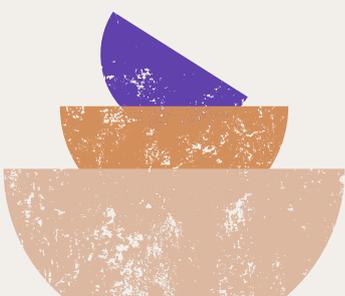


One of the quickest ways to reduce stress and calm your mind is through deep breathing. A simple breathing exercise can help you shift from feeling overwhelmed to feeling grounded in just a few minutes. Here's an easy breathing technique you can practice anywhere:

## 4-7-8 Breathing

- Sit or stand in a comfortable position with your back straight.
- Inhale deeply through your nose for 4 counts.
- Hold your breath for 7 counts.
- Exhale slowly and completely through your mouth for 8 counts.
- Repeat this cycle 3-5 times, focusing on your breath and allowing your body to relax with each exhale.

This exercise helps calm your nervous system, lowers your heart rate, and gives you a moment to pause and reset. You can use it whenever you feel stressed, anxious, or overwhelmed.



# Tip 8: Mental Detox

14



In a world where we're constantly bombarded with information and distractions, it's essential to create space for your mind to process emotions and unwind. A mental detox helps you set boundaries with the things that drain your mental energy, allowing you to focus on what truly matters. Here's how to start:

**Set Social Media Limits:** Social media can be a very fun way to stay connected, but it can also be a source of stress and comparison. Try setting boundaries by limiting your screen time or designating certain times of the day for social media use. For example, avoid checking your phone first thing in the morning or right before bed.

**Create No-Phone Zones:** Designate certain areas of your home, like the dinner table or bedroom, as phone free zones. This helps you stay present and connected with your family, and it gives your mind a break from constant notifications.

**Distance Yourself from Toxic Environments:** Whether it's negative people, draining conversations, or stressful situations, recognize the impact they have on your mental health. Set boundaries to protect your energy, this could mean limiting time with certain individuals, learning to say no, or removing yourself from situations that don't serve your well-being.

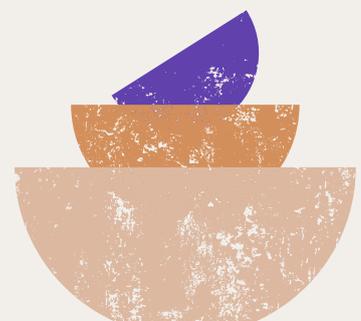
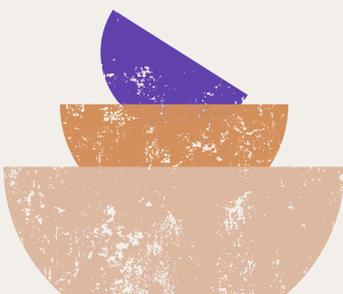
By practicing these mental detox techniques, you give your mind the space it needs to rest, recharge, and process emotions, leading to a clearer, more peaceful mindset.

# Step 5: Nurture Your Spirit

15



Taking time to nurture your spirit is essential for feeling fulfilled and balanced in life. It's easy to lose sight of what brings us joy when we're caught up in the daily grind, but reconnecting with gratitude and your personal passions can bring immense satisfaction and peace. Here are two simple ways to nurture your spirit.



# Tip 9: Gratitude & Reflection

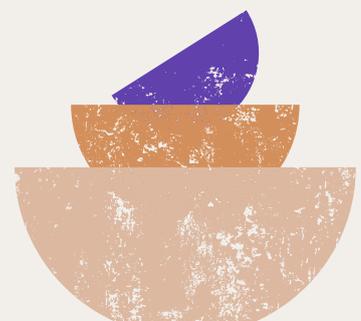
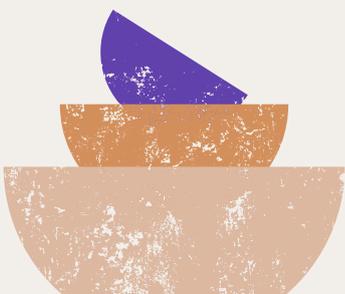
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One of the most powerful ways to nurture your spirit is by practicing gratitude. Taking just a few moments each day to reflect on the positive things in your life helps shift your mindset and cultivate a sense of mindfulness. Here's how to start:

- **Gratitude Journaling:** At the end of each day, write down at least one positive thing that happened or one thing you're grateful for. It doesn't have to be big, sometimes the small moments like a hot cup of coffee or a smile from your child, are the most meaningful.
- **Reflect on the Day:** After writing your gratitude, take a moment to reflect. How did you feel today? What went well? What would you like to improve tomorrow? These moments of reflection help you stay connected to yourself and mindful of your emotions, fostering a greater self-awareness and spiritual well-being.

By making gratitude a daily practice, you'll begin to notice more positive things in your life, even during challenging times, creating a more optimistic and balanced outlook.



# Tip 10: Enjoy a Hobby

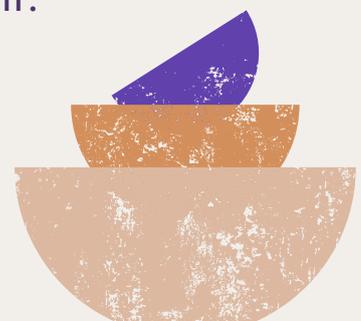
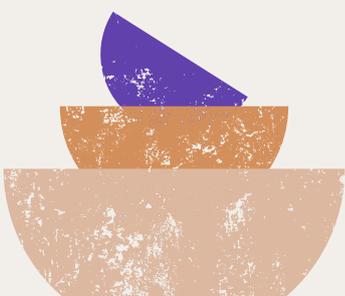
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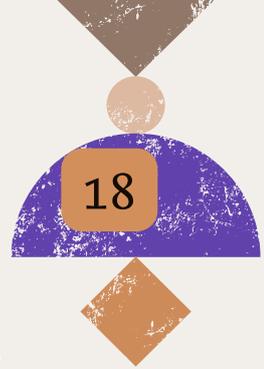
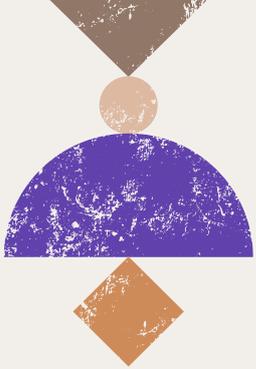


It's easy to get lost in the needs of others and forget about the things that bring us joy. Reclaiming time for a hobby, no matter how small, can significantly uplift your spirit. Taking time to do something just for yourself, even for 10 minutes a day, helps you reconnect with your sense of identity outside of motherhood. Here are a few simple ideas:

- **Read a Book:** Escape into a good book, even if it's just a few pages a day. Reading can help you relax and stimulate your mind at the same time.
- **Craft or Create:** Whether it's painting, journaling, knitting, or baking, do something you enjoy. It doesn't have to be perfect, just the act of creating is fulfilling and rewarding.
- **Gardening or Walking:** Spending time outside, whether tending to plants or going for a walk, helps you connect with nature and clear your mind.
- **Music or Dance:** If you love music, take a moment to listen to your favorite songs, or put on some music and dance around the house. It's a fun and energizing way to express yourself.

Remember, hobbies don't have to be time-consuming or elaborate. Even just a few minutes of doing something you love can make a big difference in how you feel. By dedicating a small part of your day to things that bring you joy, you'll feel more grounded, balanced, and connected to yourself.

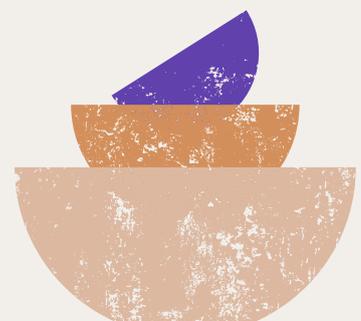
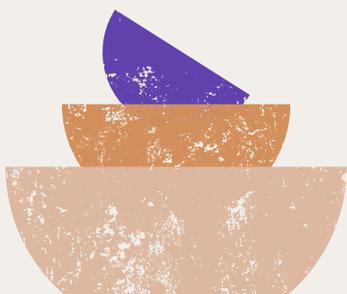


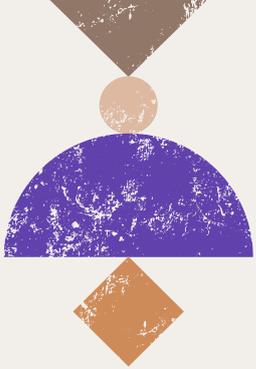


# 30 Days to You: Self-Care Challenge

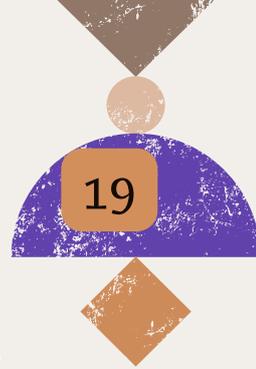
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As a busy mom, finding time for self-care can feel overwhelming, but sometimes all it takes is a little structure to help you get started. That's why I've created 30 Days to You Self-Care Challenge, a simple manageable way to practice self-care everyday. Each task is quick, achievable, and designed to fit into even the busiest schedules. By the end of the 30 days, you'll have created habits that leave you feeling more energized, calm, and connected to yourself.





# 30 Days to You: Self-Care Challenge



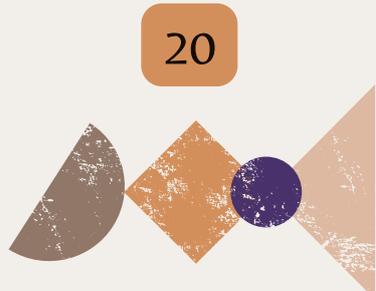
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- Day 1: Drink 8 glasses of water today.
- Day 2: Take a 10-minute walk outside.
- Day 3: Write down 3 things you're grateful for.
- Day 4: Spend 5 minutes stretching in the morning.
- Day 5: Enjoy a hobby for at least 10 minutes.
- Day 6: Unplug from social media for an hour.
- Day 7: Write down one positive affirmation and repeat it throughout the day.
- Day 8: Practice deep breathing for 3 minutes.
- Day 9: Call or text a friend and check in on them.
- Day 10: Try a new healthy snack.
- Day 11: Spend 10 minutes outside in the fresh air.
- Day 12: Take a hot bath or long shower to unwind.
- Day 13: Reflect on something you accomplished this week.
- Day 14: Listen to your favorite music or podcast while cooking or cleaning.
- Day 15: Do a random act of kindness for someone.
- Day 16: Meditate for 5 minutes.
- Day 17: Write down one thing you love about yourself.
- Day 18: Declutter a small space in your home.
- Day 19: Try a new recipe.
- Day 20: Dance with your kids or by yourself for fun.
- Day 21: Light a candle and enjoy a few moments of quiet.
- Day 22: Plan a healthy meal for tomorrow.
- Day 23: Write a short journal entry about how you're feeling today.
- Day 24: Practice mindful eating during one meal today.
- Day 25: Spend 5 minutes focusing on your breathing.
- Day 26: Do a short yoga or stretching session.
- Day 27: Compliment yourself in the mirror.
- Day 28: Go to bed 30 minutes earlier tonight.
- Day 29: Spend 5 minutes in nature.
- Day 30: Reflect on your 30-day self-care journey and what you've learned.



# Conclusion

20



As a mom, it's easy to feel like you have to do everything perfectly, but self-care is not about perfection, it's about progress. Remember, self-care is a journey, not a destination. Even the smallest changes, like taking a few minutes for yourself each day, can have a big impact on your overall well-being.

You don't need hours of free time, an elaborate routine, or expensive products to take care of yourself, sometimes, it's the simple things, like a quiet cup of coffee, a deep breath, or a quick stretch, that help you recharge.

Give yourself grace on this journey. Some days you'll have more time and energy for self-care, and other days it may feel harder to fit it. That's okay. Every little bit counts, and over time, these small acts of care add up to create a healthier, more balanced, and joyful life.

You deserve to feel good, not just for your family, but for yourself. Keep going, sis, you've got this!

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