

Quarantine-coping *Self-Care* Checklist

Mom, you are the family's engine! We need you to prioritize your mental, emotional, and physical health in this 'new (ab)normal' because **If mom's not happy, nobody's happy!**

Under 5 minutes

- Paint your nails
- Use a favorite essential oil
- Collect encouraging quotes
- Delegate a chore you hate
- Light a candle
- Set a timer and do one of the following:
 - ✓ Focus on deep breathing
 - ✓ Sit outside in the fresh air
 - ✓ Lay down and do nothing
 - ✓ Bask in an attitude of gratitude
 - ✓ Listen to a free meditation app
 - ✓ Mark your wins—freewrite a list of things that went well today

Under 30 minutes

- Call a friend
- Do a free online yoga video
- Take a bath
- Walk or run
- Prepare a healthy meal
- Set a timer for quiet time for yourself (and for the kids!)

Under 15 minutes

- Go for a walk (take the dog!)
- Take a shower
- Plan an easy healthy meal
- Journal
- Read, listen or watch something you LOVE!
- Go for a bike ride
- Call a friend
- Check in on someone who lives alone
- Do something that makes you feel beautiful (because you are!)

An hour or more

- Get a massage
- Connect 1:1 with your partner
- Go to the gym
- Go for a swim
- Take a nap
- Meet with a friend
- Go for coffee
- Get a full night's sleep
- Do a favorite craft

TRACK YOUR SELF CARE IN TIDBITS.

How many 5-minute activities will you do today? Tally up the number of activities you completed and note how you felt. How did you treat those around you? How often did you feel drawn to reward yourself with sugar, caffeine, or alcohol? No mom-shaming allowed! Just notice the long-lasting effects when you give back to YOU.

NOTES ON QUARANTINE

Being together ALL OF THE TIME is exhausting for everyone and creates a greater need for quiet and routine.

Adults need other adults. Connect with another grownup daily! Any grownup!

Say yes to the best and no to the rest. Recognize that saying NO is a vital piece within the priority-setting puzzle. Promise not to do ALL the things. Accept your limited capacity even within your superpower of multi-tasking.

Mom, you really ARE doing this quarantine thing well. You are modeling good habits and shoring yourself up to support your family so you can love on them fully!