

simple everyday self care for mamas

- 1. Drink a glass of water.** Before you do too much else in the morning, and before you eat or drink anything. Do it. A full glass. Sip or chug. Lemon or plain. *It will hydrate you, move stagnant hormones, and prime your body for the day.*
- 2. Go outside.** Sit on your front steps. Walk down the block. Skip if you can. Be outside with tiny intention. Take a hike. Stand still in the world for one minute. *Just breathing the outside air will gently reset your physical and mental state.*
- 3. Practice breathing.** The simple thing is the hardest, yet the most important. Right now, wherever you are, breathe in through your nose and feel your ribs expand. *There, you did it. Repeat. You've changed your brain chemistry already.*



Calm-A-Mama®

We know, we know, you just don't have time. You are overwhelmed and it is hard.
And there is so much. You wish there was more time for you.
DO ONE THING TO MAKE LIFE BETTER.

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