

DATE: \_\_\_\_\_

S M T W T F S

# Mama's Micro-Self-Care Moments Checklist



## Breathe & Be Present:

- ☐ Close your eyes and take a deep belly breath (or five!).
- ☐ Notice one thing you can see, hear, smell, touch, or taste right now.



## Connect with the Outside:

- ☐ Step outside and feel the fresh air on your face.
- ☐ Soak in a little bit of sunlight (even if it's just for a minute!).



## Savor the Small Things:

- ☐ Enjoy your coffee (or tea!) while it's still warm.
- ☐ Take a mindful sip of your favorite beverage.



## Tiny Acts, Big Impact:

- ☐ Stretch your arms and legs.
- ☐ Listen to one song you love.
- ☐ Send a quick, loving text to someone.
- ☐ Smile at yourself in the mirror.