

Evidence-Based Motherhood Self-Care Checklist

By The Mindful Mama

Daily Foundations

- ☐ **10-15 minutes of mindful movement (walking, yoga, stretching)**
- ☐ **Eat one balanced, nutrient-rich meal (protein + fiber + healthy fats)**
- ☐ **Stay hydrated (aim for 6-8 glasses of water)**
- ☐ **Practice 2 minutes of deep breathing or grounding**
- ☐ **Take prescribed vitamins/medications consistently**

Emotional Wellness

- ☐ **Journal one thought, gratitude, or intention**
- ☐ **Reach out to a friend or support system (text/call)**
- ☐ **Spend 5 minutes in silence or meditation**
- ☐ **Give yourself permission to rest without guilt**

Parenting Mindfulness

- ☐ **5 minutes of present, uninterrupted play with your child**
- ☐ **Practice mindful responses (pause → breathe → respond)**
- ☐ **Celebrate one small parenting win today**

Evening Reset

- ☐ **Digital wind-down: 20 minutes tech-free before bed**
- ☐ **Reflect: "What went well today?"**
- ☐ **Prepare one small thing for tomorrow (lunch, outfit, schedule)**

This checklist is grounded in psychology and wellness research, designed to support moms in reducing stress, building resilience, and finding more balance in daily life.