

# SELF CARE



The area that most people (especially Mums) neglect the most is actually just as important as good food and exercise.

Why? Because if you're not feeling emotionally and psychologically well and strong, your motivation to do the rest will falter.

Remember, you matter too!

## 1 10 MINUTES BEDTIME READING

Any book you like, fiction or non fiction. Turn all screens off and read in a dim light until your eyes are heavy. [I've put some of my favourite Mum-health books here.](#)



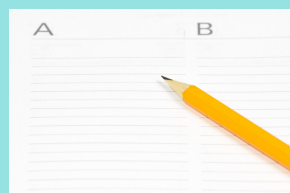
## 2 SET YOUR SLEEP TIMES

Set your alarm to get up at the same time each day whether you need to or not - your body likes routine. Count backwards 8 hours and go to bed at this time. [Here's a video I made on why not enough sleep is stopping you lose weight.](#)



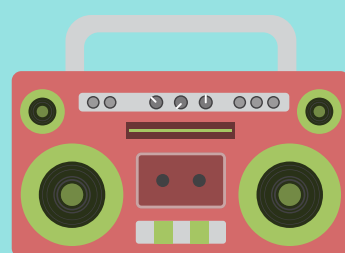
## 3 PLAN THE NEXT DAY

Spend 5 minutes planning your next day, writing down what needs to be done, getting clothes out ready and bags packed. Remember to include food and exercise plans too!



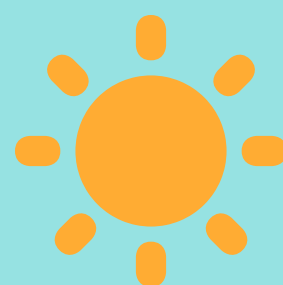
## 4 NO SCREENS BEFORE BED

For at least 30 minutes, preferably an hour. Put some gentle music on or listen to a non-stimulating podcast if you want while you get ready for bed, but avoid blue light from phones, tablets and TV.



## 5 15-30 MINUTES FRESH AIR EVERY DAY

You could combine this with your daily walks. Fresh air 'blows the cobwebs away' as you might have heard your Grandmother say. In other words, it's good for you and makes you feel great! You'll get the benefits of Vitamin D from the sun too.



## 6 ADD 10 MINUTES MEDITATION OR YOGA

Stress is one of today's biggest health concerns. There are plenty of free yoga videos on the web if you can't get to classes, and I recommend the app Headspace for free, 10 minute guided meditations.



## 7 START A NEW HOBBY OR ACTIVITY

This could be something you do at home like crafts or writing a daily journal, a group activity such as learning to sew or a community walking group, or do something humanitarian such as spending an hour a week volunteering at a local animal sanctuary or charity.



## 8 GET 8-9 HOURS SLEEP

You know those 8 hours you mapped out before? You don't fall asleep right away and might wake in the night to attend to children or go to the loo. Go to bed 9 hours before you need to get up to allow for these delays and interruptions. For a reminder on the benefits of sleep [here's a blog I wrote on why being tired is ruining your diet.](#)

