

25 5-MINUTE self-care ideas for MOMS



1. **Deep Breathing:** Take slow, deep breaths in through your nose and out through your mouth.
2. **Stretching:** Do a quick full-body stretch to release tension.
3. **Drink Water:** Hydrate yourself with a glass of water.
4. **Gratitude Practice:** Write down three things you are grateful for.
5. **Listen to Music:** Play a favorite song or relaxing music.
6. **Mindful Meditation:** Spend a few minutes focusing on your breath and being present.
7. **Positive Affirmations:** Repeat positive statements about yourself.
8. **Quick Walk:** Take a short walk outside or around your space.
9. **Hand Massage:** Give yourself a hand massage with lotion.
10. **Eat a Healthy Snack:** Enjoy a piece of fruit or a handful of nuts.
11. **Laugh:** Watch a funny video or recall a humorous memory.
12. **Visualize:** Imagine a peaceful scene or a happy place.
13. **Journal:** Write down your thoughts or feelings.
14. **Light a Candle:** Light a scented candle and enjoy the aroma.
15. **Skincare:** Apply a quick face mask or moisturizer.
16. **Digital Detox:** Put your phone down and disconnect for a few minutes.
17. **Read a Quote:** Find and read an inspiring or motivational quote.
18. **Pet Time:** Spend a few minutes with a pet, if you have one.
19. **Aromatherapy:** Use essential oils or a diffuser to create a calming environment.
20. **Nature:** Look out the window and observe nature.
21. **Clean a Small Area:** Tidy up a small part of your space.
22. **Hydrate Your Skin:** Apply hand cream or lip balm.
23. **Doodle or Draw:** Create a small drawing or doodle.
24. **Quick Exercise:** Do a few jumping jacks, push-ups, or sit-ups.
25. **Say No:** Practice saying no to something that doesn't serve you.