



# 40+ EASY WAYS FOR A BUSY MOM TO RELAX

## 1 BUBBLE BATH

The most obvious and most favorite way of mother's everywhere...pour the bubbles and turn on the bath. We recommend shutting and locking the door (make sure the kids are supervised), turn the music up so loudly you won't hear anything, and relaxing for a few minutes.

## 2 SHOWER

If a full-blown bath isn't in the cards, go for a steamy shower instead. Use the 3-minute conditioner, shave the WHOLE leg, and perhaps even do a quick facial. And, of course, keep that music LOUD and the door locked.

## 3 RUN/WALK

Even if it means putting the baby into the stroller, get outside and take a quick run or walk around the block. Perhaps listen to a book, music, or even talk to a best friend as you walk. Whatever it is use the brief time to focus on what energizes you.

## 4 TEN MINUTE START

It can be hard to get into the habit. And, you might have to be VERY sneaky to not wake others but getting up ten minutes earlier than your family allows for a quiet cup of coffee, a few moments of meditation or prayer, or even that quick run we mentioned. Start the day with these brief moments that are only yours can greatly help a busy mom!

## 5 TEN MINUTE END

Or if your kids are small and go to be fairly early, try taking ten minutes before you go to bed to read, meditate, exercise, listen to music, or whatever calms and de-stresses you. End the day with peace! If you can manage it try to start AND end the day with those ten minutes of quiet.

## 6 FAMILY HELP

Ask a family member (whether it's a S.O., older child, or sister) to take the kids for a bit. Often family and friends are intimidated by large chunks of time taking care of small children. But if you are nearby and they are only asked to read a book or two so you can take a run or shower...they are totally in. Keep it small and easy.

## 7 GIVE UP PERFECT

Don't be a perfectionist. Sometimes it is okay to leave things even if they aren't as perfect as you would like. Take that extra time for yourself. Skip sorting the white's and colored today and put the whole lot on cold. Then shut the door and give yourself that two minutes to breath and rest.



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### 8 WALK

Walk to work, if you are able. Or park further away than needed at the grocery store. It will give you a little more time by yourself that driving doesn't allow AND get you outside in that precious Vitamin D. And if you DO have the children, get them used to walking. Children that are walking often aren't talking!

### 9 CLOSE THE DOOR

If they are content and close enough to hear, shut the door. Your kids will be there when you open it again.

### 10 MOVIE MAGIC

Head to the RedBox or your friend's movie collection and grab that movie your kids have been wanting to watch. Or the one they will watch again and again. Put the movie in and accept the magic of a free babysitter. Grab your computer and headphones and watch that show you have been meaning to catch up on.

### 11 EARBUDS

Put the earbuds in your ears and tell the kids you are listening to something for a few minutes and won't be able to hear them. Likely they will find it exciting to be given this mom-free independence and happily do their thing.

### 12 NAP TIME

We hope that you have trained your child to honor naptime. If anything, quiet time. Not that your child necessarily needs a nap, for sure. But because YOU need at least 20 minutes to recharge. If you haven't developed this habit...work on creating and developing a period of time in the afternoon that is quiet time. You'll be a better mom for it!

### 13 POWERNAP!

If you get a couple hours free you are likely trying to catch up on a huge list of to-do's. Take at least a powernap if a full-blown nap won't be able to happen. Set your phone for 25 minutes and allow yourself to sleep until it goes off. It will make you work and mom that much better!

### 14 SAY NO

Tell your kids, family, friends or S.O. "no". Say no and use that extra time gained for yourself.

### 15 GET A HAIRCUT

Pay the extra money to get your haircut at a fancy salon that includes a massage, drink, and myriad of other perks. All of those extras mean more time by yourself.

### 16 PAMPERING

Schedule to have your nails done, a facial, or some sort of other pampering. Maybe you have a friend that would do it for you to keep the costs down?



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### 17 DRIVE

Give the kids a device and go for a drive. Listen to a book or music, swing through a drive-thru, and perhaps even park for a bit (those kids won't notice for a while!).

### 18 KIDS MAKE DINNER

Have your kids make dinner. Probably you will have to give them ingredients like peanut butter, jelly, and bread and settle for a PB & J sandwich. And you most likely have to sit at the table and supervise. But, put the headphones in and ignore the chaos as much as possible.

### 19 GET A BABYSITTER

Get a babysitter, use the daycare an extra hour, use an after-school class, or sign your kids up for a class. Take the time to chill out and relax. No shopping or cleaning!

### 20 GET OUT OF THE HOUSE

You might need to bring the kids with you but...get out of the house. Just a change of scenery can change your mood. Run an easy errand or head to the park. It isn't the same as time to yourself but can still give you a boost in mood.

### 21 TURN OFF THE PHONE

Put down your phone, it can cause you stress and worry. We often don't realize how much time we spend on our phone. Instead, take time to focus on what's around you rather than what is happening in the peripheral.

### 22 CUP OF COFFEE/TEA

Take just a few moments to make yourself a cup of coffee or tea and sit down and drink it. Tell your family that you won't be taking questions or anything until the cup is finished.

### 23 PAINT YOUR NAILS

Grab a new color of nail polish and take the time to freshen your nail polish. Just like the cup of coffee, tell your family that you are stuck and can't do anything until your nails dry.

### 24 MASSAGE

Schedule a massage (or have your S.O. give you one). Even a short massage will be an amazing bit of time by yourself! If you get the chance to run errands by yourself, schedule a quick massage before you return home.

### 25 HOBBY TIME

Do you remember that hobby you did before you were so busy? Or do you have a hobby that you have always dreamed of starting? Spend a few minutes doing your hobby, planning, or even on Pinterest looking at it.

### 26 SAY NO TO PROCRASTINATION

Do something you have been putting off. Even if it is "work", getting it done will help you feel more accomplished and less stressed.





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### 27 NAP

What if when the kids were napping you also napped? Or, when they were watching a movie? Or when they go to bed you also go to bed? That nap could do you a world of good.

### 28 DANCE PARTY

Turn up the music and get the kids involved. Dancing alleviates stress and worry. So, boogie away!

### 29 YOGA/STRETCH

Spend at least 5 minutes practicing yoga or stretching. Often stress is carried in our muscles and those precious moments can make a great difference in how we feel.

### 30 MEDITATE/PRAY

Take 10 or 15 minutes to sit quietly and meditate or pray. Put the headphones in, turn on inspiring music, and ignore the kids as much as possible. If you can head to a different room and shut the door...do it!

### 31 GARDEN BULBS

Buy and plant some bulbs in your garden in the fall or winter for spring and summer flowers. Or, force bulbs indoors!

### 32 BAKE/COOK

It's amazing how the promise of treats can make your family quietly wait for you to finish in the kitchen! Make treats, turn on music, pour a glass of wine, and bake your heart out. If you reward your family with their favorite treat they will likely leave you alone the next time you head into the kitchen to bake.

### 33 PUT ON YOUR FACE

Spend a few extra moments putting your makeup on. Especially if you don't generally take those moments for yourself. Do your hair, do your face, or whatever little extra thing matters to you. Most likely your S.O. will happily entertain the kids for those extra moments.

### 34 CLEAN

For some of this is the LAST thing we want to do. But for many of you this is soothing. If that is you....clean away! Most likely the minute you pull out cleaning supplies the rest of your family will magically disappear!

### 35 WALK THE DOG

Tell your S.O. you are taking the dog for a walk and head out around the block.

### 36 PET YOUR PET

Petting a cat or dog is a stress-reliever and many colleges even have special programs to bring animals in for students during finals. Take advantage of this natural stress reliever and get snuggling your animal!



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### PAINT

Surprisingly, painting is also a stress reliever for many people. It may not be a skill you have but that's okay. Try a paint by number, finger painting with the kids, painting a piece of furniture, or even grabbing crayons and a coloring book.

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### WRITE A LETTER

Spend a few moments and sit down to write a letter to a family member or friend. If you need to, give the kids their own paper and pen and let them join in.

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### TALK WITH A FRIEND

Talk with a friend, family member, or even therapist. Have a deep conversation or a conversation that is simply fun. Either way, the act of talking with someone helps us feel less lonely and more supported.

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### WATCH NATURE

Get up early and watch the sunset, listen to the rain, or play in snow. Engaging with nature's awesomeness even for small moments can help our problems feel smaller.

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### CANDLES

Buy a soothing candle, light it, and have it on while the kids are napping or watching a movie. Certain smells can calm us, energize us, and many more.

