

6 ways to self care

# FOR MOMS

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WRITE FOR 20 MINUTES ON SOMETHING YOU FEEL YOU SHOULD DO BUT HAVEN'T HAD THE COURAGE TO DO. VISUALIZE IT AND MAP IT OUT.

GO FOR A DISCOVERY WALK FOR 20 MINUTES BY YOURSELF. TALK TO GOD WHILE YOU ARE WALKING. WHAT WILL YOU DISCOVER?

DANCE IN THE KITCHEN TO UPLIFTING MUSIC FOR 20 MINUTES WHILE PREPARING DINNER.

MOVE NATURALLY BY WEEDING YOUR GARDEN FOR 20 MINUTES IN THE SUNSHINE.

TAKE A NAP FOR 20 MINUTES ON A BENCH IN THE SUN.

PRAY FOR 20 MINUTES EITHER IN YOUR HEAD OR WRITE YOUR PRAYERS ON PAPER