

A background image of a smiling woman with curly hair wearing a straw hat, with a young child smiling in front of her. The scene is brightly lit, suggesting an outdoor setting.

100 Self-Care Tips for Busy Moms

WWW.RSIXCOACHING.COM
[@RSIXCOACHING](https://www.instagram.com/RSIXCOACHING)



My gift to you is a go-to list of
ways to show yourself self care!

Enjoy!

XOXO, ERIN

100 SELF CARE TIPS

1. Take a bath
2. Journal
3. Be still
4. SLEEP!
5. Eat nutritiously
6. Take a walk
7. Exercise
8. Meditate
9. Pray
10. Yoga
11. Say NO!
12. Wake up early
13. Start a new hobby
14. Pick up an old hobby
15. Drink water
16. Do Nothing!
17. Read
18. Have a glass of wine/cocktail
19. Put on a face mask
20. Send a handwritten note
21. Dance
22. Sing
23. Take a vacation
24. Practice Gratitude
25. Light a candle

100 SELF CARE TIPS

26. Hang out (zoom) with Friends
27. Call someone you love
28. Call a friend
29. Take a break from social media
30. Go outside
31. Plant flowers
32. Take a nap
33. Schedule "Me" time
34. Laugh
35. Take a break
36. Bake
37. Drink herbal tea
38. Watch the sunrise
39. Change your sheets
40. Put flowers in a pretty vase
41. Diffuse essential oils
42. Write a handwritten note to a friend
43. Light your favorite candle
44. Get a manicure/pedicure
45. Sit quietly
46. Sing to your favorite songs
47. Color in a coloring book
48. Get a massage
49. Spa Day!
50. Affirmations

100 SELF CARE TIPS

51. Watch a chick flick
52. Make a new dish
53. Watch a TED Talk
54. Set intentions
55. Listen to a podcast
56. Sign up to volunteer
57. Declutter your space/closet
58. Go to bed early
59. Snuggle with your pet
60. Watch the sunset
61. Watch a movie
62. Clean
63. Go on a date with yourself
64. Give yourself a facial
65. Eat the dessert
66. Have a staycation
67. Listen to relaxing music
68. Go to the beach
69. Practice daily affirmations
70. Go for a drive and listen to your favorite music
71. Create a morning routine
72. Create a night time routine
73. Write out your 1 year goals
74. Write a list of things you love about yourself
75. Make your bed

100 SELF CARE TIPS

76. Make a vision board
77. Organize your closet
78. Open your windows and get fresh air
79. Make a playlist of your favorite music
80. Have a jammies day
81. Hang out with positive people
82. Stargaze
83. Write thank you notes to those who inspired you
84. Make a self care kit
85. Bake cookies for your neighbor
86. Compliment a stranger
87. Do a crossword or sudoku
88. 5 min. of focused breathing
89. Unfollow negative people on social media
90. Hire a Life Coach/Mentor
91. Go to a coffee shop and hangout
92. Donate to charity
93. Meal prep for the day/week
94. Start a bullet journal or diary
95. Brain dump
96. Wear your favorite outfit
97. Have a game night
98. DIY crafts
99. Eat out at a restaurant
100. Forgive others and yourself