

Self-Care Check In

Are You Filling Your Cup?

Taking care of yourself is just as important as caring for your baby

This simple self-care audit will help you evaluate how you're currently meeting your needs and how it impacts your mood, energy, and overall well-being

Self-Care Check In

For each question, rate yourself on a scale from 1 to 5 (1 = Not at all, 5 = Very well). Use this to reflect on your current habits and identify where you might need more self-care

How often do I eat regular, balanced meals?

1 5

Am I staying hydrated throughout the day?

1 5

Do I find time to rest or take breaks during the day?

1 5

Am I connecting with friends or loved ones?

1 5

Do I spend time doing something that brings me joy or relaxation?

1 5

Am I moving my body in ways that feel good (e.g., walking, stretching)?

1 5

How well am I managing my stress?

1 5

Reflection Section:

How do you feel after reflecting on these questions? Write a few words about how this impacts your energy and mood

Which areas could use more attention? Identify 2 or 3 areas that you want to improve on

5-Minute Self-Care Activities for Busy Mums

Self-care doesn't have to be time-consuming. Even five minutes a day can make a difference! Below are some quick and easy self-care activities you can incorporate into your daily routine

5-Minute Self-Care Ideas:

- Take a few deep, mindful breaths
- Stretch your arms, legs, and neck
- Make yourself a cup of tea or your favourite drink
- Step outside for fresh air and take in your surroundings
- Listen to your favourite song or soothing music
- Write down 3 things you're grateful for today
- Spend a few minutes reading something you enjoy
- Sit quietly for 5 minutes and focus on your breathing

Pick One to Try Today:

Write down one activity from the list you'll try today
How did it make you feel afterward?

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.....

Exercise: Reconnecting with What Nurtures and Brings You Joy

It's easy to lose touch with the things that bring you happiness when you're busy with a new baby. This simple exercise will help you reflect on what nurtures you and brings you joy

Think about the last time you felt truly happy or nurtured. What were you doing? Who were you with? Use the prompts below to reconnect with these moments and find ways to bring more of them into your life

Reflection Prompts:

What brings you joy?

List 3 things that instantly bring a smile to your face.

- 1
- 2
- 3

Who do you feel most supported by?

List 3 people who make you feel uplifted and understood.

- 1
- 2
- 3

When do you feel most like yourself?

Describe a moment where you felt calm, grounded, or fulfilled.

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Based on your reflection, identify one thing you can do in the next week to nurture yourself or experience joy

.....
It can be as simple as: "Call a friend for a quick chat," "Spend 10 minutes reading before bed."

Daily Self-Care Planner

This planner is designed to help you easily incorporate self-care into your day. Whether it's five minutes or an hour, making time to care for yourself is key to maintaining your physical and mental well-being as a new parent

Fill in each section with small, manageable self-care tasks you'd like to achieve today. Use this as a reminder to check in with yourself throughout the day

Morning Self-Care (5-15 minutes):

What can you do in the morning to start the day with some self-care? (e.g., stretch, enjoy a cup of coffee mindfully)

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Midday Self-Care (5-15 minutes):

Take a moment to pause during the busy day. What can you do to recharge? (e.g., take a short walk, deep breathing)

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Evening Self-Care (5-15 minutes):

As the day winds down, how can you unwind? (e.g., read a book, take a relaxing bath)

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Your Self-Care Goal for the Day:

What's the one self-care practice you absolutely want to prioritise today?

.....

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End of Day Reflection

How did you feel today?

Write down a few words about how incorporating self-care into your day made you feel

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What do I need?

This activity is a great way to take the time to properly think about your emotions, and what you might 'need' or be lacking that is causing certain emotions to surface

By recognising what you need in certain scenarios, it can really help to rationalise when you next feel like that, and allow you to take the time to consider what to do next

When I feel anxious, I need...

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When I feel overwhelmed, I need...

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When I feel angry, I need...

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When I feel sad, I need...

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When I feel worried, I need...

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When I feel stressed, I need...

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Morning affirmations for new mums

I trust my instincts as a mother

I deserve love, rest, and care just as much as my baby

I am learning and growing every day

It's okay to ask for help when I need it

I am doing my best, and that is enough

I am capable of handling anything that comes my way today

I embrace the small victories and celebrate them

I am patient with myself and my baby

I am strong, resilient, and resourceful

I trust my body to heal and recover at its own pace

I am grateful for the love and bond I am building with my child

I allow myself to feel joy, even in the midst of challenges

I release the pressure to be perfect; being present is enough

I am proud of the mother I am becoming

I am worthy of peace, calm, and happiness today

I am doing a great job, even when it feels hard

I am allowed to take breaks and recharge

I embrace the changes in my life with an open heart

I am filled with love, patience, and understanding