

Moms Matter



If You Only Have 5 Minutes

Women spend a lot of time and energy looking after others. This can make you feel good about yourself. But it's also difficult and exhausting work. So try to look after yourself, too. You deserve it!

Talk to yourself. Tell yourself you need the same good care you give others. There's often no time to spare for long breaks. But try to find 5 minutes for quick care ideas. And take even longer if you can! Here are some ideas to try:

- Get some exercise. Take a walk. Plant seeds in your garden. Clean out a drawer or cupboard. Stretch and move around in the sunshine. It can give you a lift.
- Relax for a few minutes. Listen to music. Take a bath or shower. Meditate. Close your eyes and daydream. Massage your face. Have some tea or juice and a cookie.
- Turn your mind off. Look through a book or magazine. Write down your thoughts. Sew, bead, or carve. Do a crossword or jigsaw puzzle. Listen to the radio. Feed the birds. Buy a plant and talk to it!
- Try to simplify your life. Ask yourself these questions. What has to stay the same, but what can I change? Do I give myself enough credit? Am I patient with myself? How can others help me? Tell yourself you won't feel guilty for trying to make your life easier. Tell yourself you're wonderful - because you are!

Talk to others. Talk things over with a friend, a family member, or someone you trust. Call someone when your spirits need a lift. Cry with someone. Laugh with someone. Use the phone. Talk to your next door neighbour. Other people can really help just by listening. You help others when you listen to them, too.

Say no when you really don't want to do something. Moms often do things they think they have to do, not things they want to do. Many people expect the impossible from you. So figure out which things you can say no to. Start with small things. This will give you the courage to say no to the bigger things.

Say yes to yourself. Allow yourself to take a break. Be good to yourself. It starts with simple things. Take a few minutes to read other quick care tips for moms from moms.