

10 Quick Thoughts About Self-Care.

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1. Self-Care is one of the highest forms of parenting.

2. You should have a self-care routine.

3. Consistent, planned self care makes you better.



4. Let's be clear what self-care is all about...it's all about
YOU!




5. Self care is how you show yourself love, give yourself grace and recharge your parenting battery.

6. Who is on your self-care team?

7. Self-care doesn't take away from your children...it ADDs to them.

8. Self-care:
Do it before you need it!

9. This is not 1960!



10. Just because you haven't been practicing good self-care doesn't mean you can't start...TODAY!

5 things you can do right now to enhance your self-care.

Questions/Comments?



Thank-you!

10 times your body was screaming out for self-care but you didn't listen.

