



•YOUR DAILY SANCTUARY•



Planner

YOUR TOOLKIT TO HELP YOU ROCK THIS MOTHERHOOD GIG!

Developed in collaboration with Psychologist, Health Coach & Yoga Teacher - Suzy Reading from our "Art of Self-Care" Masterclass in The Sanctuary

self-care
is

health
care

NOURISHMENT FOR THE HEAD, HEART & BODY





Self-care myth buster

SELF-CARE IS...

- ~ **any activity that we do in order to take care of our mental, emotional and physical health.**
- ~ **taking care of the present you AND your future self.**
- ~ **unique to every individual. What nourishes a friend, won't necessarily nourish you.**

SELF-CARE ISN'T...

- ~ **about adding more to your "to-do" list.** It's more about identifying your essential needs and prioritising them.
- ~ **about an emergency response plan** when stress becomes overwhelming and you are close to burn-out. It's about daily healthy habits that prevent you from reaching that place.
- ~ **necessarily an act that costs money or takes a lot of time** (like a massage or day spa). A self-care act can be free and take seconds.
- ~ **always comfortable.** It can be actively letting go of a toxic relationship, diving deep to learn to love yourself or sweating through a gruelling gym session.
- ~ **about being selfish.** It is about looking after yourself, so you can give the world the very best version of you.

WHY DO WE NEED SELF-CARE?

We need self-care to
COPE

We need self-care to
HEAL

We need self-care to boost
RESILIENCE

We need self-care to be the kind of
MUMS WE ASPIRE TO BE

We need self-care to raise
RESILIENT, COMPASSIONATE KIDS



SO HOW DO WE SQUEEZE SELF-CARE
INTO OUR PRECIOUS SPARE MOMENTS?

USE THE
Micro-moments
HACK

As a busy mum it can be hard
to get away for a much needed
yoga or meditation class, so we need to be

creative
&
opportunistic

in caring for ourselves. When you're short
on time, try the 'Micro-Moments Hack'...



SELF-CARE DOESN'T NEED TO TAKE A LOT OF TIME.
YOU CAN USE THE 'MICRO MOMENT HACK' TO NOURISH YOURSELF
WITHIN THE MAYHEM OF MOTHERHOOD.
IF YOU ACTIVELY PEPPER SMALL NOURISHING ACTS INTO YOUR
DAY, YOUR ENERGY LEVELS WILL REMAIN MORE STABLE.
GUARANTEED.

HIGHLIGHT THE ONES YOU LIKE BELOW & ADD YOUR OWN ON THE FOLLOWING PAGE..

Stretches (shoulder rolls or a particular stretch your body needs).

3 slow breaths with your eyes closed.

Noticing natural beauty (like your child's smile or the light through the trees).

Listen to the sound of the birds or the rain on the roof.

Say out loud 3 things you're grateful for.

Repeat uplifting mantras (during jobs such as changing a nappy or cleaning).

Feel the warm bubbles on your skin as you do the dishes or wash your child.

Put on your favourite lipstick or necklace, even if you're not seeing anyone.

Pump the uplifting tunes! Start a playlist of music that makes you feel good.

Do 1 strengthening exercise when the kettle boils.

Choose to drive or walk a more scenic route.

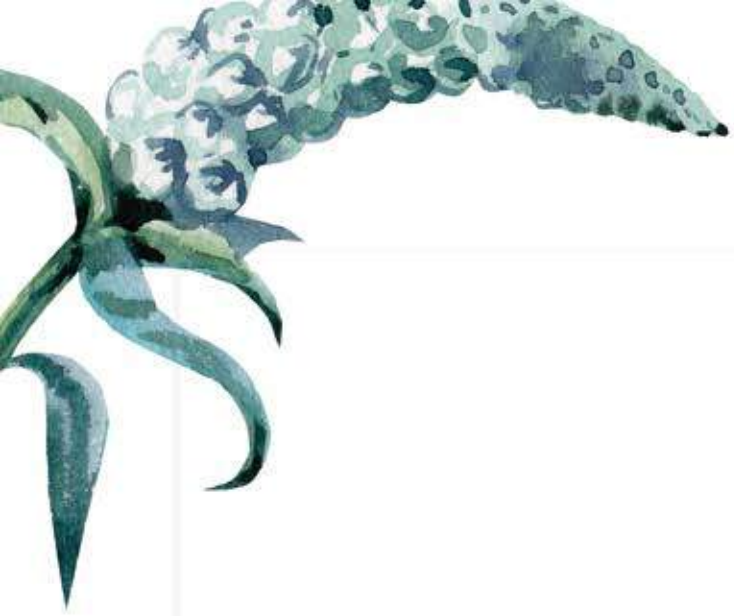
Write a short message to a friend who cheers you up.

Stroke your pet and mirror their enjoyment.

Spray your favourite scent.

Smile at the small things.







Add conscious breathing into your day.

You're breathing already so it won't add more time!

Release tension you find in your body with regular stretches. What stretches do you need most?

Stand tall, open your heart & soften any tension you find.

Add a mantra into your day.

"I appreciate me" "I soften into this moment"

"My best is always good enough" "I am grateful for this moment"

fill in your mantras here →

Add an uplifting scent into your day.

Mood boosting essential oils include Lavendar, Orange Bergamot, Cederwood, Lemon, Peppermint & Frankincense.

fill in your scents here →

Add your favourite tunes into your day.

fill in your songs
& make a playlist
on your phone →





SELF-CARE IS NOT SELFISH

IF YOU STRUGGLE WITH GUILT AROUND
CARING FOR YOURSELF, WHY NOT TRY THIS MANTRA:

It's not
“me first”. It's
me
as well

- SUZY READING
PSYCHOLOGIST AND TEACHER IN THE SANCTUARY





START TO BUILD YOUR AWARENESS OF WHAT
NOURISHES YOU & WHAT DEPLETES YOU:

What things **top me up?**

← savouring a cup of tea, fresh air,
quick yoga session before bed,
a chat to a good friend,
a long hug, a particular song ...



What depletes me?

How can I avoid or minimise these (or at least compensate)?

Getting out the door in the morning
- get prepared the night before to reduce the rush
Screen time - digital detox before bed
Watching the evening news - read a book instead
Comparisonitis - repeat the mantra "I am exactly
the right mother for my child"
Particular people or events - rework
your family diary



My in the moment ACTION PLAN

With mum life being so full, we can spend our days largely on auto-pilot. An action plan of positive statements for when you need them most, can be invaluable. Stick it on the fridge and add in ideas as you go!



Ideas: When I am feeling lonely, then I will... reach out to someone on my team.

When I am feeling fatigued, then I will... take some mountain breaths or spritz an uplifting scent.

When I am feeling reactive, then I will... use the mantra 'I soften into this moment'.

When I have exercise planned and I feel lack lustre, then I will... roll out my mat and do some soothing yoga instead.

When I feel blue, then I will... spend some time in nature.

When I am feeling stuck, then I will... try a yoga warrior pose and feel the strength of my legs and core.

When things go well then I will... celebrate it by sharing the good news and I will reflect on why it happened.

When I have accomplished a goal, then I will... acknowledge myself before rushing to tackle the next thing.

When my body aches then I will... pay attention and book in for a treatment or do the stretches/exercises I know help.

When I have had a poor night's sleep, then I will... lie with my legs up the wall or work in a short meditation.

If _____ then I will _____

If _____ then I will _____

If _____ then I will _____

If _____ then I will _____

If _____ then I will _____

If _____ then I will _____

If _____ then I will _____

If _____ then I will _____

If _____ then I will _____

If _____ then I will _____

If _____ then I will _____

add
intention
to everyday
things you
already do

WASHING UP, CHANGING A NAPPY, ROCKING A BABY...
THESE ARE ALL EVERYDAY THINGS THAT CAN BE DONE
WITH A **DISTRACTED MIND** OR A **PRESENT MIND**.

WHEN YOU ADD POSITIVE INTENTION TO
YOUR EVERYDAY EXPERIENCES YOU
REDUCE THOSE NEGATIVE THOUGHTS
THAT DRAIN YOU.





my weekly

SELF-CARE PLAN


**For nourishing acts that require more planning,
try adding them here and pencil them into your phone.
Set alarms so you don't miss them!**

You might swap an evening Netflix binge for a meditation, read a chapter of a good book or have an early night. You might arrange a nature walk every weekend, or listen to an inspiring podcast whilst you drive or walk the pram.

When you remain creative and proactive, you will realise your week is filled with all sorts of opportunities for nourishment.

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

*proactively make
windows of opportunity* ↗

A watercolor illustration of pink flowers, including a large open flower with a yellow center and several buds, set against a light blue background.

A year
from now
you'll wish
you started

today

- KAREN LAMB

THE
MINDFUL
Mum™

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