

Happy~Healthy~Blessed

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10 Ways To Take Care of Yourself on All Levels Without Neglecting Your Little Ones



1.) *Bring joy into the home.* This will benefit you as the Mother physically, emotionally, and spiritually but it will also bless your children and husband in so many different ways. You can do this by baking, singing together, humming as you go about your tasks, laughing and smiling freely, playing uplifting and beautiful music (ideas under resource page) and having God's Word the Bible freely talked about and read in your home.

2.) *Start a gratitude journal.* I have always loved to journal. It has been a way for me to get out my thoughts, emotions, and memories that I hold dear. Since I have become a mother however it is hard for me to have the time to journal like I used to. By keeping a thankful journal I am able to keep a heart of gratitude and contentment while also recording the days current events (turning into memories!). Read *One Thousand Gifts* from Ann Voskamp for some inspiration.

Rejuvenate Refresh Relax

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3.) **Bath time, Spa time?** For new mother's you can use your baby's bath time to get some soaking in your self. Just hold you little one in the tub with some Epsom salts for the two of you to enjoy. Also when you little ones are down for a nap or the night try and make it a goal to get a bath in. It is good to have some time to just "be" and it helps renew your body, mind and soul. Put on some relaxing music, light a candle, and pour in some Epsom salts, herbs, or chemical free bubbles. And Voila! You have some good quality spa soaking time

4.) **Take advantage of nap time!** Nap/relaxation hour in our house is a must, even as my children get older. Right now my little one is taking naps but even if I had older children that are past napping I would use that time to have them have quite time in their room looking at books. As the Momma, use this hour or however long you have for you to relax! Take a nap, read a good book, go sit out in the sun. The hour is yours!

5.) **Dry Brush!** If you have been a client of mine chances are you have heard me tell you about dry brushing. Dry brushing is so good for you and really simple and easy to do. Try and do it before your bath or shower time each day or even just 3 times a week. You will feel invigorated and will start to glow!

http://www.happyhealthyblessed.com/Dry_Brushing.pdf

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6.) **Juice or make Green Smoothies together.** Our daughter Lily loves carrot juice and green smoothies! So I try to juice for our family and myself with Lily. It is important to keep the health up for you and your family. When you are not feeling good a person is usually in a bad mood and easily irritated. So make sure you find healthy ways to eat and take care of you and your family.

7.) **Pray without ceasing.** If you know me it is no secret that I love the Lord. I believe the only way to experience true peace and contentment in life is through Him. One way that keeps me balanced and at peace is to constantly be praying. One idea I use is creating a prayer folder where it is divided into each day of the week. Then have slips of papers in each day with people's names and specific prayer requests. Each day I dump out that day's prayers into a little dish and then pray those prayers throughout the day as I am going about my day

8.) **Drink Water and Herbal Teas.** Get a water bottle, special cup or jug out that helps you keep track of how much water you drinking. I have my 64 oz jug of water out for the day that I strive to drink. If I am lacking in my water drinking habit then it shows me when I look at my jug. I also like to make a pot of tea each day with immune boosting, energizing, and balancing herbs. Lily loves to drink the tea along with me and we have fun having little tea parties. :)

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9.) Have some company over! Having company over regularly can be such a mood booster! It is also an excellent way to teach your children to serve and show hospitality to others. I like to have all kinds of different people and age groups over. I think it is great when you have people over that have children the same age as your children however I think for several different reasons that there is a lot of value in having just adults over too of all ages and seasons of life.

10.) Exercise!! Face it, we need it ladies! We need it to feel good. We need it to look good. We need it for our health and wellbeing. Exercise is not a strong point of mine but I definitely notice a big difference when I am doing it regularly vs. not. For you early birds try and get up before the family is awake and get yours done. If that does not happen then take some afternoon time to go on a walk with the kids and use that time to get some vigorous walking or running in (yay for running strollers)

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