HAPPINESS MAMA
THE SELF-CARE WORKBOOK

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As busy, mindful mamas, it’s easy to let our own self-care slip as we focus our energy on the never-ending, myriad needs of our children and all of the tasks to be done that surround us.

We will never finish our to do lists, and as mothers, we are very much needed so much of the time. But we also have needs and are also worthy of being loved and cared for and nurtured so that we, too, can live our happiest lives.

Prioritizing self-care is essential to health and happiness. When we are happy and healthy, we can live into our full potential as women and as mothers.

As we nurture ourselves, we set a powerful example for our children, our partner, and everyone around us to also value and love themselves so that they, too, can live into their full potential.

When our own cups are full, we have more to give to everyone we love.

My hope is that this workbook inspires and helps you to make your self-care a priority and create your happiest, most nurtured, and most fulfilling life.
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Assessment

The Self-Care Assessment is a tool to help you examine the self-care practices in your life as they are right now. With greater self-awareness comes greater ability to move in the direction you want to go. Without judgment, take a look at your current situation. As you gain awareness about where you are, you will also begin to consider where you would like to go. Your starting point and the direction you’d like to go will become more clear.

Take some time to reflect on your current level of self-care in each area. Rate yourself from 1 to 10 in the following areas, where 1 equals majorly needs improvement and 10 equals awesome.

Sleep: Are you getting at least 8 hours of sleep every night?

Water: Are you drinking enough water every day?

Nourishment: Are you nourishing your body with real, nutritious food, helpful supplements, and a healthful environment (clean air, no harmful chemicals, etc.)?

Exercise: Do you move your body most days and get the exercise you need to feel energetic and vibrant in your body?

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Assessment

**Stillness:** Do you find moments of stillness every day to quiet your mind?

**Stress Reducing Activities:** Do you have enough stress reducing habits in your life right now?

**Connection:** Do you connect with yourself and your own feelings every day (for example through journaling, using a planner, and/or heart-to-heart talks with friends)?

**Community:** Do you connect with your community and enjoy meaningful, supportive relationships with your family, friends, and loved ones?
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Reflection and Journaling

After you have rated yourself in each area, it’s time to reflect on your answers. Grab your favorite pen and notebook, and take some time to ask yourself the following questions for each area:

1. Are you happy with your current level of self-care?

2. Do you want to make any changes in this area?

3. How do you want this area to look? (Example: I want to feel fully hydrated. I would like to drink at least 64 ounces of water a day, in addition to other liquids.)

4. What has worked in the past? Are there strategies or habits you’ve used effectively in the past in this area?

5. Where would you like to get support? (friends, family, online friends/groups, a coach, books, courses, journaling, reminders, etc.)

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Creating Healthy Habits of Self-Care

Change isn’t always easy, but by using some simple strategies we can make the process easier and start moving in the direction we want to go. And self-care is so rewarding that soon you’ll be addicted to feeling so good that you will be highly motivated to keep up with your new self-care habits.

Here are some tips and strategies to help you develop new habits of self-care so you can be your happiest self.

1. Small Questions

Pick one or a few of the areas you would like to enhance, and come up with a simple question. Here are some examples:

- How can I drink more water today?
- How can I add a little more movement to my life?
- How can I find 2 minutes of stillness today?

When you ask yourself a small question, your brain goes to work to solve it. It’s an easy way to create change without striving or even consciously working on it.

Ask yourself the question every day. You might like to make it part of your morning routine, or make it the background on your phone, or put post it notes on the back of your bathroom door as reminders.
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Creating Healthy Habits of Self-Care

2. Review Your Intentions Regularly

It’s helpful to check in regularly with your intentions. This serves the purpose of reminding you of them since it’s easy to forget, and also to help you see the progress you are making.

3. Start Small

Try just 5 or 10 minutes a day, or one extra glass of water, for example. Your first steps should feel almost effortless.

4. Celebrate Success, Every Little Bit

Consciously think about your successes, accomplishments, and anything you’re glad or proud about.

You can also do something special for yourself, such as some private time alone or a bit of dark chocolate or a massage.

Whatever will feel like a celebration to you, do it. Celebrate setting your new intentions, and celebrate all the progress you make along the way on your journey.
5. Let Go of Perfection

Be gentle with yourself, and try again. As you work on enhancing your self-care practices, think about what is working, what isn’t, and how you might make adjustments.

6. Get Support

Tell a trusted friend, loved one, or coach about your intentions. Better yet, join with a friend and be partners in self-care as you encourage each other on your journey.

Having someone to talk to serves many purposes, including accountability, increased focus and clarity, and most of all, encouragement and just knowing you’re not in this alone.

It’s also a great way to brainstorm and generate new ideas about how to live into your intentions.
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Small Steps

Often it is easiest and most effective to start with very small steps to make change. Choose one to three areas to focus on each week. What small steps can you take to bring your self-care to where you want it to be? Here are some ideas:

Sleep:

• If you’re in the habit of going to bed late, commit to going to bed early at least one or two nights a week.
• Ask your husband to help with the kids one morning so you can sleep in.
• Avoid drinking alcohol at night and drink a ton of water if you do have a glass of wine.
• Don’t drink water or anything too late in the evening to minimize the chance of waking up to use the bathroom.
• Avoid caffeine late in the day.
• Make sure your last meal of the day is a light one. Your body needs to be able to relax and focus on sleep rather than digestion.
• Get more exercise.
• If your alarm clock is bright, cover it up. Make sure your phone is turned off, with no notifications.
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Small Steps

Water:

• Use a glass water bottle or jar you like to drink out of. Fill up one large container and drink from it all day.
• Add a squeeze of lemon or lime or a splash of juice to liven up your water.
• Drink unsweetened, flavored sparkling water, such as La Croix for a treat. (My favorite flavor is Lime!)

Nourishment:

• Try to eat veggies or fruit at every meal. Start with your vegetables.
• Make veggies and fruits easy to eat by preparing them in advance and/or buying prewashed, precut veggies. Carrots, cherry tomatoes, and romaine lettuce are some easy, nutritious, and delicious options.
• Plan dinner before lunch to ensure a healthy meal.
• Consider adding herbal tea.
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Small Steps

Exercise:

• Schedule it.
• Let go of perfection. Spend ten minutes moving your body.
• Do what you enjoy.
• Exercise with your children or your husband. How about a living room dance party? A walk around the block? A children’s yoga video?

Stillness:

• Meditate. Start with just 2 or 5 minutes per day.
• Take a walk in nature.
• Take a few moments to simply be.
• Disable notifications on your phone.
• Pray.
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Small Steps

Stress-Reducing Activities:

Many (or all!) of the other areas of self-care help to reduce stress, but it’s worth considering these as a separate category to make sure you’re effectively handling and diffusing the stress in your life. If you feel tense, anxious, worried, stressed, here are some tools that can help.

- A hot bath with lavender or other soothing essential oil.
- Hot shower with a few drops of lavender. (Put it as far away from the drain as possible so that it will take a while to wash away.)
- Stretching
- Exercise
- Silent meditation
- Guided meditation
- Alternate nostril breathing
- Journaling
- Coloring
- Laughter
- Massage
- Creative activities
- Play
- Yoga

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Connection (With Yourself):

When we are connected to ourselves, we feel better and are better able to live into our values, love ourselves, and love others. Here are some ways to connect with yourself-- your values, your feelings, your desires, and your spirituality. Just do what feels right to you.

- Journal.
- Use a planner/diary/workbook.
- Have heart to heart talks with kindred spirits.
- Pray.
- Meditate.
- Read inspiring books.
- Work with a coach.
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Small Steps

Community:

Relationships are what life is all about. Having satisfying relationships with friends and loved ones is the most important element in a happy life. With so many distractions in this day and age it can be a challenge to find the time we need for truly connecting with our community. Cultivating and tending loving relationships is vitally important. Make sure to make quality time for friends and family.

• Schedule regular, frequent time with friends.
• Use a bluetooth headset and talk to loved ones on the phone while doing work around the house or commuting to and from work.
• Set aside daily one-on-one time with each of your children.
• Make special Mother-Child dates a part of your monthly routine.
• Talk to friends on Skype if you can’t get together in person.
• Write letters and cards and send them in the actual mail (!).
• Engage in self-care together. How about a day at the spa, or a walk in your neighborhood together?
• Make plans to do needed tasks together, such as a shopping trip or helping each other clean up your homes.
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Plan

At the beginning of each week, choose three small steps to help you enhance your self-care. Check in regularly with your intentions, and get the support you need. Do the self-care assessment regularly to see how you’re doing. Remember to celebrate!

Week 1
1.
2.
3.

Week 2
1.
2.
3.

Week 3
1.
2.
3.

Week 4
1.
2.
3.
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Remember

Happiness is a direction, not a destination.
Self-care is not selfish, it’s essential.
And you deserve happiness.

Interested in coaching?
I offer one-on-one and group coaching programs to support you in creating your happiest life.

Questions? Comments? Feedback?
I’d love to connect with you. Email me at heather@happinessmama.com.

Join the Community!
I’d love to see you in the Happiness Mama Facebook Group. It’s full of wonderful, heart-centered, mindful mamas encouraging each other in the journey of creating our happiest lives.

Much love to you, Mama!

Love,

Heather ❤

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