

# THE BUSY MAMA'S DAILY *Self-Care* CHECKLIST

- 1. Start the Day with a Homemade Electrolyte Drink
- 2. Eat Veggies at Every Meal (Especially Breakfast!)
- 3. Do a Sun-Salutation
- 4. Smile
- 5. Take Supportive Herbs
- 6. Give Yourself an Abdominal Massage
- 7. Meditate for at Least 1 Minute
- 8. Practice Appreciation
- 9. Get Outside
- 10. Prioritize Sleep

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## 1. START THE DAY WITH A HOMEMADE ELECTROLYTE DRINK

You already know that you should drink water.

But sometimes your body needs a little extra support in order to process that water and keep you hydrated.

**That's where electrolytes come in.**

Electrolytes are minerals that regulate the fluid in your body.

So instead of just flushing water in one end and out the other, your body can absorb the hydration where it's most needed.

But you don't have to drink artificial, chemical-heavy sports drinks to get an electrolyte boost.

**Just a little natural sweetener and mineral sea salt will do the trick.**

I like to combine a splash of OJ and a 3-finger-pinch of grey sea salt with some sparkling water when it's warm outside.

And in autumn and winter I have a hot cup of lemon water with honey and grey sea salt.

But you can try all sorts of combinations (think pomegranate juice, maple syrup, coconut sugar, pink Himalyan salt, the options are really endless!)

## 2. EAT VEGGIES (ESPECIALLY AT BREAKFAST)

Starting your day off with a nice big serving of sautéed leafy greens is a great way make sure you're getting your daily dose of vitamins and fiber.

And making sure that you include veggies at every meal -or, even better, build your meals around vegetables- is the #1 best way to keep yourself healthy and energized.

So even if you don't find anything on a menu that's veggie-heavy, order a side of steamed brocolli or roasted carrots to go with your meal.

Pro-tip: Eat veggies first when you're hungriest, then move on to the other parts of the meal.

### 3. DO A SUN-SALUTATION

Sun-salutations are awesome.

The foundational sequence of any vinyasa yoga practice, sun-salutations help you stretch and strengthen your body, while also giving you the opportunity to tap into your breath and bring your stress-level down.

But if you've ever done yoga, I know what you're thinking.

**“Seriously?! You want me to do just ONE sun-salutation?!”**

Yup. Just one.

Because here's the thing.

**1 sun-salutation is better than none.**

And sometimes 1 sun-salutation is realistically all you can get to as a busy mama.

Imagine if you promised yourself to do 5 or 10 sun-salutations every day.

It sounds great in theory.

**But in reality, the more you promise yourself, the more likely you are to make excuses.**

So just promise yourself to do 1.

1 sun-salutation is so easy to do that you have no excuse not to do it.

And then, once you've done 1, you can still do more (and I almost always do).

But just make sure you do at least 1.

## 4. SMILE

Sure, you smile when you're happy.

But did you know that smiling itself can actually help you *feel* happier?

Fact.

**Smiling has an actual physiological effect.**

(And I'm talking for real, where you smile into your eyes, and aren't just showing off your teeth)

When you smile [your body releases endorphins and serotonin](#), which reduce pain and make you happy.

So remind yourself to smile throughout the day, and you'll have an easier time dealing when things get tough.

## 5. TAKE SUPPORTIVE HERBS

Medicinal herbs are a lifesaver when you've got a lot going on.

Adaptogens like reishi, ashwagandha, holy basil, rhodiola, and maca (just to name a few) help you regulate your body's stress response so you feel less frazzled and more focused.

Medicinal herbs can also help you sleep better, feel more rested and energized, lose weight, increase fertility, reduce anxiety and depression, reduce headaches, and SO much more.

**But there's an art and science to taking herbs.**

And there are also some risks.

Herbs have incredible healing powers, but just like any medicine, there's a time and place for them to work.

Plus, they can be expensive when you don't know which ones to prioritize!

**You've got to find the right herbs for your body, and only an experienced herbalist can do that.**

Lucky for you, I have more than a decade of formal training and experience with medicinal herbs.

If you'd like to learn more about getting a personalized herbal formula made just for you, [click here to set up a free 15-minute consultation](#), and we can talk about which herbs might be best for you.

## 6. GIVE YOURSELF AN ABDOMINAL MASSAGE

Daily abdominal massage can have amazing benefits for your digestion, menstrual cycle, and over-all sense of well-being.

Again, it's a good idea to learn from an experienced practitioner.

**But there's one simple technique that most women can do safely.**

Put some coconut oil on your hands, start at your belly button, press down, and move clockwise in a spiral.

Move out from your belly button, around your abdomen, all the way up to your ribs and down to your hip/pelvic bones, then back in again.

Always move clockwise.

**Repeat about 3-5 times, using enough pressure to feel it.**

The whole technique should only take about 2-3 minutes, but you can do it for longer or multiple times a day if you'd like.

And as I said, this is safe for most women, but it's a good idea to check with an experienced practitioner first.

Please don't use this method of abdominal massage if you are pregnant, while menstruating, or after ovulation if you are trying to get pregnant.

## 7. MEDITATE FOR ONE MINUTE

Just like the 1 sun-salutation, the 1 minute of meditation is really just to make sure you show up and keep your promises to yourself.

And you'll still stress-reducing benefits from just 1 minute of deep and focused breathing.

But if you really want to get the most out of meditation, I highly recommend doing everything you can to try to sit for at least 10-20 minutes every day.

### **New to meditation (or scared of it?)**

I've got your back.

[Click here to learn 3 easy ways to get started with a meditation practice as a busy mom.](#)

## 8. PRACTICE APPRECIATION

Gratitude is a trendy word these days.

Which is great, because studies are showing that gratitude can lead to a [whole slew of physical and mental benefits](#) which can help you thrive as an ambitious mama.

But the word gratitude itself can carry a bit of baggage.

When you feel gratitude, you sometimes also feel a sense of indebtedness which can be a bit of a buzzkill if you ask me.

So don't use the word gratitude if it doesn't feel totally positive to you.

**Instead, make it a point to spend a few moments every day appreciating all of the wonderful things around you.**

I like to do this at the end of my meditation practice, and then again with my son as part of his bedtime routine.

But you can create a journaling ritual for yourself, or set a couple of alarms on your phone, or put a post-it note on your windshield.

Really, whatever helps you feel the warm-fuzzy feelings of appreciation more often will help you ride the waves of life as happily as a pro-surfer on her honeymoon in Hawaii.

## 9. GET OUTSIDE

Cabin fever is a real thing.

If you don't get outside regularly, you put yourself at risk for vitamin D deficiency, which can lead to seasonal depression and a host of other uncomfortable symptoms.

**Plus, getting outside helps you move your body a bit more.**

And spending time in nature [has been shown to have huge health benefits](#) as well.

But you don't have to go for a long hike in the woods every day to stay healthy.

Just a 5 minute walk outside has been shown to [lift spirits](#) and even [boost creativity](#).

## 10. PRIORITIZE SLEEP

This might be the most important item on this list, but it can be mighty tricky when you're the mother of a finicky sleeper.

Trust me, I know how desperate you can get when your kid wakes up 3+ times a night for months (or years) on end and refuses to take a nap without holding you hostage by his side.

**And I know how frustrating it is to try to get work done in the couple of hours you have between dirty dishes and another diaper change.**

But here's the thing.

Without sleep, you don't have energy.

**And without energy, you can't get all the shizz done that you want to do.**

And you definitely can't do any of it well.

You'll have a much harder time being the cheerful and patient super-mama you want to be if you don't make sleep your absolute #1 priority.

**So you've got to get sleep.**

And sometimes that means getting zero work done for a few days and going to bed at 7 p.m. with your kids.

And yes. That totally sucks.

But this is a marathon, not a sprint.

**And even though it feels endless right now, remember, this phase won't last forever.**

But if you don't take care of yourself right now -and make sure you get the sleep you need to not just survive, but truly thrive- then you'll be completely burnt out and exhausted when you finally *do* have more time for yourself again.

And then you *really* won't ever be able to do all the things you want to do.

Which would be a huge shame, because you were born to do great things with this life, both in and outside of your home.

**And that's really what this whole self-care strategy checklist is here to do.**

To help you not just get through a chaotic time in your life, but to really be able to enjoy it and gain from it.

And then to come out the other side smiling victoriously instead of dragging your feet through mud.

## BUT THIS IS JUST THE STARTING POINT

Because you are totally unique.

Your body is unique, your personality is unique,  
and your circumstances are unique.

**And that means you've got to custom-tailor  
your self-care plan to support your unique  
needs.**

You've got to know your personal strengths and  
sensitivities first.

Then you'll be empowered to eat the foods and  
craft the lifestyle that is going to keep you in tip-  
top shape, both mentally and physically.

And if that's something you'd like to be able to do, I can help.

[Click here to check out my Customized Nutrition and Holistic Wellness Plans.](#)

Or [click here to set up a FREE 15-minute consultation](#) to find out how a customized plan  
can help you feel healthier, more balanced, energized, and confident.

I can't wait to hear from you!

XO *Katerina*

