INTERNATIONAL Parenting & Health INSTITUTE
for Holistic Coach Education

# Self-Care Work Book for MOMPRENEURS

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PARENTINGHEALTHINSTITUTE.COM

# Table of CONTENTS


- Welcome to Your Self-Care Guide
- Why self-care is a foundation for love and abundance
- Guide to get enough sleep
- Work-life balance
- Tips to Stay Motivated
- Self-care habits
- Self-care activity
- Weekly success planner
- Self-care quiz
- Weekly review

# Welcome to Your SELF-CARE GUIDE

## DEAR MOMS,

I know you are doing your best to support your family every day. This is Mar De Carlo, founder of the International Parenting & Health Institute, providing you with a self-care guide to maintain your health, career life and mother life through this workbook. Living a life as a mom and a working woman at once may feel overwhelming and as a result keep you away from taking care of yourself.

This interactive workbook is filled with a self-care guide to take care of yourself, also providing some space to journal and reflect. Remember that you are not alone, you are appreciated and supported,

**With love and gratitude,**

Mar De Carlo

founder of the International Parenting & Health Institute

# Self-Care

## THE FOUNDATION FOR LOVE & ABUNDANCE

Self-care is foundational for love and abundance because it nurtures your well-being and cultivates a positive relationship with yourself. When you practice self-care, you prioritize your physical, emotional, and mental health, which is essential for overall happiness and fulfillment. Here's how self-care contributes to love and abundance:

**Self-love:** Self-care is an expression of self-love. By taking care of yourself, you demonstrate to yourself that you are worthy of love and attention. This strengthens your self-esteem and helps you develop a more compassionate and positive relationship with yourself.

**Stress reduction:** Self-care activities such as meditation, exercise, or spending time in nature can reduce stress levels. When you are less stressed, you are more open to giving and receiving love. Stress reduction also supports mental clarity and creativity, which are important for abundance.

**Increased energy and vitality:** Prioritizing self-care, such as getting enough sleep, eating well, and exercising regularly, boosts your energy levels and vitality. When you feel vibrant and healthy, you are better able to engage fully in your relationships and pursue your goals, leading to greater abundance.

**Setting boundaries:** Self-care involves setting boundaries and saying no to things that deplete you. This is crucial for maintaining healthy relationships and preventing burnout. By honoring your own needs and limits, you create space for love and abundance to flourish.

**Emotional well-being:** Self-care practices like journaling, therapy, or spending time with loved ones can improve your emotional well-being. When you are emotionally balanced, you are more resilient and better equipped to navigate challenges, allowing you to attract more love and abundance into your life.

In essence, self-care is about honoring yourself and your needs, which is the foundation for attracting love and abundance into your life. When you prioritize self-care, you create a positive cycle of well-being that enhances every aspect of your life.

# Guide to Get ENOUGH SLEEP

In a new report in collaboration with researchers from The University of California, San Francisco, The University of California, Berkeley, The University of California, Los Angeles, and Northeastern University, fewer than a quarter of working moms said they get the recommended average night's sleep, and many don't have time for basic self-care.

Getting enough sleep is crucial for moms to maintain their physical and mental health. Here are some tips to help moms get better sleep:

As tempted as you may be to stay awake and do things in between your child's bedtime, the benefits of rest far outweigh staying awake. Not getting enough sleep can have negative effects on our health, both in the short and long term. Sleep deprivation can impact our attention, memory, and emotional regulation. While we can bounce back from occasional sleepless nights, chronic sleep deprivation can result in more serious consequences.

Get some sleep as early as you can, even if it's the time that seems pretty early. You're probably contemplating whether you should sleep or not at those times because you know that you're destined to be awake for several times tonight, but getting some sleep at that early hour helps you to feel refreshed in the next morning.

**Sleep when the baby sleeps:** This is one of the most common tips because it works. Try to nap or rest whenever your baby is sleeping, even during the day.

**Prioritize your tasks and be flexible:** Most mompreneurs find themselves with a long to do list to accomplish each day. Prioritize the ones that are most important and necessary to get done and then reschedule that do not get accomplished that day.

**Delegate tasks:** Don't be afraid to ask for help from your partner, family, or friends. Taking care of a newborn can be exhausting, and having support with household chores can free up time for you to rest.

# Guide to Get

## ENOUGH SLEEP

**Get natural sunlight exposure during the day,** especially in the morning. Sunlight helps regulate your body's internal clock, or circadian rhythm, which can improve sleep quality. Try to spend some time outdoors each day, whether it's going for a walk, sitting near a window, or having your morning coffee outside. Exposure to natural light can help you feel more alert during the day and sleep better at night.

**Substitute caffeine and sugar with a healthier alternative:** Both caffeine and sugar can interfere with your ability to fall asleep, especially in the hours leading up to bedtime.

**Create a bedtime routine:** Establishing a calming bedtime routine can signal to your body that it's time to wind down. This can include activities like a warm bath, gentle stretching, or reading a book.

**Replace screen time:** The blue light emitted by screens can disrupt your body's natural sleep-wake cycle. Replace screens with reading a book or journaling at least an hour before bed.

**Create a comfortable sleep environment:** Keep your bedroom cool, dark, and quiet. Invest in a comfortable and suitable mattress and pillows.

**Practice relaxation techniques:** Techniques such as deep breathing, meditation, or gentle yoga can help relax your body and mind before bed and throughout the day.

**Keep a sleep diary:** Tracking your sleep patterns can help you identify any trends or issues that may be affecting your sleep. This can be useful information to share with your healthcare provider if you're struggling with sleep.

It's important to remember that getting enough sleep as a mompreneur can be challenging, and it's okay to seek help if you're feeling overwhelmed. Your health and well-being are important, so don't hesitate to reach out to your healthcare provider or a mental health professional if you need support.

# Work-Life Balance

## HACKS

As a mompreneur, your entire life feels like a balancing act most of the time. You're wiping the milk off your shirt as you're preparing your kids in the morning before you start your work. It may seems impossible for working moms to find balance in living, but in fact, there are a few things you can do in order to get the work-life balance that you want.

**Use technology wisely:** Utilize technology to streamline your work processes and stay organized. Use calendar apps to schedule appointments and reminders, and project management tools to track tasks.

**Get Support for Your Child:** Find a daycare, nanny or family member that you trust. Take your time to get your child the best quality nanny or daycare that you can trust so you can work with ease.

**Set realistic goals:** Avoid overcommitting yourself by setting realistic goals and expectations. Break larger goals into smaller, manageable tasks to avoid feeling overwhelmed.

**Batch similar tasks:** Group similar tasks together to maximize efficiency. For example, set aside specific days for meetings, content creation, and administrative work.

**Communicate with your family:** Keep your family informed about your work schedule and commitments. Discuss your needs and expectations with them, and ask for their support in maintaining work-life balance.

**Share housework** with your partner, a family member or friends so it will reduce the burden on your shoulder. Communicate well with your them to find the best solution in sharing the housework.

**Learn to say no:** It's okay to say no to commitments that don't align with your priorities. Focus on activities that are meaningful to you and your business.

**Evaluate and adjust:** Regularly assess your work-life balance and make adjustments as needed. Be flexible and willing to change your approach if something isn't working for you.

# Mompreneur

## TIPS TO STAY MOTIVATED

Staying motivated as a mompreneur can be challenging, especially when balancing the demands of running a business with the responsibilities of motherhood. Here are some tips to help you stay motivated:

**Set clear goals:** Define specific, achievable goals for your business and personal life. Break them down into smaller, manageable tasks to stay focused and motivated.

**Create a routine:** Establishing a daily routine can help you stay organized and maintain a sense of structure. Allocate specific time blocks for work, family, and self-care activities.

**Stay connected:** Joining networking groups or online communities for mompreneurs can provide support, encouragement, and new ideas. Surround yourself with like-minded individuals who understand the challenges you're facing.

**Take breaks:** It's important to take breaks and recharge, both physically and mentally. Schedule regular breaks throughout your day to rest and rejuvenate.

**Stay inspired:** Seek inspiration from others who have achieved success in similar circumstances. Read books, listen to podcasts, or attend workshops to stay motivated and learn new strategies.

**Celebrate small wins:** Acknowledge and celebrate your accomplishments, no matter how small. This can help you stay motivated and maintain a positive attitude.

**Stay flexible:** Being a mompreneur requires flexibility, as unexpected challenges can arise. Learn to adapt to changes and adjust your plans as needed, without losing sight of your goals.

**Stay positive:** Maintaining a positive mindset can help you overcome challenges and stay motivated. Focus on the progress you've made and the opportunities ahead, rather than dwelling on setbacks.

# Self-Care

## HABITS

Go out, get a healthy dose of sunshine and inhale the fresh air

Eat healthy foods that give you energy and stay hydrated

Learn new skills you enjoy and make you smile and relax.

Get some treatments at a spa or salon once in a while

Buy yourself your favorite items at your local shop

Do some fun activities with your family or for yourself to feel happy

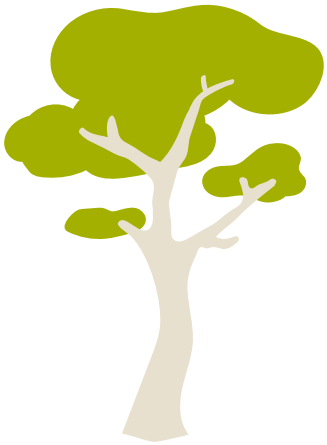
# Self-Care

## ACTIVITY

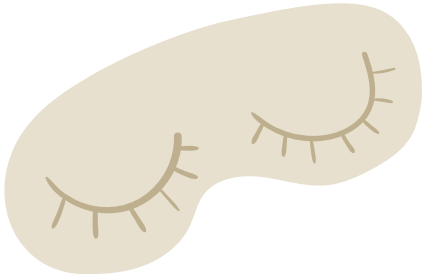
Do these activities and write about how they went!

Reconnect with a Fun Hobby or Find a New Fun Hobby to engage in each week

Take Quality Time to Spend with Your Family and Closest Friends each week



Spend 15-20 minutes in Nature each day



Get 8 Hours of Sleep and and take short rest breaks each day

# Weekly Success

## PLANNER

### MY TOP 5 PRIORITIES

### MY TOP 3 GOALS OF THE WEEK

### OBSTACLES

### SOLUTION TO MY OBSTACLES

### OBSTACLES

| | |
|---|---|
| I am starting | today |
| I am starting | tomorow |
| I am stopping | today |
| I am stopping | tomorrow |

# Self-Care

## QUIZ

Answer the questions with Yes/No and see if you have been taking a good care of yourself through the number of yes in your answers!

| | | |
|---|---|---|
| I get enough sleep and I feel fresh while working | ☐ | ☐ |
| I eat healthy foods that give me energy | ☐ | ☐ |
| I spend more times with my family on the weekend | ☐ | ☐ |
| I work well even when I feel tired | ☐ | ☐ |
| I don't find it hard to deal with my routines as a working mom | ☐ | ☐ |
| I take naps | ☐ | ☐ |
| I do all the chores on my own | ☐ | ☐ |
| I always make time for me time | ☐ | ☐ |
| I feel positive and healthy | ☐ | ☐ |

# Weekly REVIEW

After a week of doing the self-care hacks, write your review below!

## WHAT HAVE I ACHIEVED?

## WHAT HAVE I LEARNED?

## WHAT IS MY FUTURE PLAN AS A WORKING MOM?