🌸 Feel-Good List for At-Home Moms 🌸

Use this list to gently shift your focus when emotional eating or stress creeps in. Choose an activity that lifts your spirit, grounds your emotions, or simply gives you a moment to breathe. Keep it on your fridge, desk, or planner as a self-care reminder.

# 💗 Quick Mood Boosters

* Take a deep breath and stretch your arms overhead
* Step outside for 5 minutes of fresh air
* Drink a glass of water with lemon
* Listen to one favorite song and dance around
* Say a short prayer or affirmation
* Text or call a friend for a quick hello

# 🧘‍♀️ Mindful Moments

* Write 3 things you're grateful for
* Do a 5-minute guided meditation or breathing exercise
* Sit in silence with a warm cup of tea
* Color, doodle, or do something creative
* Read a short devotional or encouraging quote

# 👣 Gentle Movement

* Take a short walk — even around the house or garden
* Stretch your back, neck, and legs
* Do a few yoga poses (like child's pose or cat-cow)
* Put on music and move freely for 3–5 minutes

# 📝 Feelings Check-In

* Journal: What am I feeling right now?
* Ask yourself: Am I hungry, tired, lonely, or overwhelmed?
* Write one kind thing you'd say to a friend feeling like this
* Remind yourself: 'This feeling will pass. I can ride it out.'

💖 You are doing your best, and your best is enough. Come back to this list whenever you need a reset or moment of care.