MomCare Daily Self-Care Checklist

As an at-home mom—whether you work from home or stay at home full-time—taking care of yourself is vital. Use this daily checklist to incorporate small, meaningful self-care practices into your day.

# ☀️ Morning Self-Care

* Wake up 15–30 minutes before everyone else for quiet time
* Stretch or do light exercises (5–10 minutes)
* Drink a glass of water before coffee or tea
* Pray, meditate, or journal your thoughts
* Enjoy a healthy breakfast (not just leftovers from the kids)

# 🌤️ Midday Self-Care

* Take a 10–15 minute walk or step outside for fresh air
* Eat a nutritious lunch and hydrate
* Pause for 5 minutes of deep breathing or mindfulness
* Listen to uplifting music or a short podcast
* Do something creative or relaxing (craft, read, or write)

# 🌙 Evening Self-Care

* Unplug from devices 30 minutes before bed
* Reflect on 3 things you're grateful for
* Prepare for tomorrow calmly (layout clothes, prep breakfast)
* Do light stretching or breathing exercises
* Go to bed at a consistent time for at least 7–8 hours of sleep

Remember: self-care doesn’t have to be big or fancy—it just has to be consistent and meaningful to you.
You deserve to feel cared for, too. 💛

From one mom to another, keep going—you’re doing a great job.