Simple Ways to create mental space daily

Bookend your days with intentionality to take control of your stress levels this year!

Experts say that the first and last 20 minutes of your day can have a big impact on your mental well-being, so it's important to have a predictable routine. Try building your own morning and evening routines with activities that will help you relax and de-stress.

IN THE MORNING:

- Get up before the kids, creating a moment to collect your thoughts before kissing that sleepy little morning face
- Delay technology for the first 30 minutes of your day
- Do one small thing that brings you peace ~ light a scented candle, listen to beautiful music, spend a few moments in prayer and gratitude, do a meditation or breathing exercise

IN THE EVENING:

- Make a dump list of everything you need to remember ~ get it out of your brain and on a note or text to yourself
- Do something for the morning that will put you one step ahead
- Power down 30 minutes before going to sleep ~ that means putting your devices to sleep (and maybe in another room)

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Finding a routine that works for you may take a little trial and error. And depending on the age of your child, it may need to be very flexible as their morning needs change over time. Pick what you like or try a few different things.

HERE ARE SOME IDEAS FOR MORNING ROUTINES:

- Meditate or do some light stretching
- Drink a cup of coffee or tea
- Read a book or listen to a podcast
- Write in a journal
- Set an intention for the day

HERE ARE SOME IDEAS FOR EVENING ROUTINES:

- Take a warm bath or shower
- Light a candle and listen to some relaxing music
- Do some yoga or light exercise
- Write in a journal
- Read a book or watch a movie

Yoga With Adriene - YouTube

How to Care for Your Mental Health While Caring For Your Child's Needs

IT'S IMPORTANT TO FIND ACTIVITIES THAT WORK FOR YOU AND THAT YOU CAN STICK TO. DON'T BE AFRAID TO EXPERIMENT UNTIL YOU FIND A ROUTINE THAT HELPS YOU FEEL RELAXED AND REFRESHED.

Creating space for yourself is essential for your well-being.