

Moms' Me Time

What is your most stressful time of the day?

- ✓ Early Morning
- ✓ Mid-Morning
 - ✓ Lunch
- ✓ Afternoon
- ✓ Dinner
- ✓ Late Night

Why don't you take time for yourself?

- ✓ Busy
- ✓ No Time
- ✓ Feel Guilty
- ✓ Taking Care of Kids
- ✓ Family Is More Important

Some ways to help get your mind off things is to:

Go to the movies
Write something
Dance
Yoga
Go for a bike ride
Go for a walk (maybe pick flowers)
Take a nap
Take a bath
Get a pedicure or massage
Go shopping
Connect with a friend
Have a tea party
Go for lunch
Read a good book
Do nothing

What will you do on your '*me*'time?