

15+

SELF-CARE TIPS

FOR BUSY MUMS ♥



EASY AND
DOABLE!

How to be less stressed?



Hey there Super Mum! Thank you for downloading this e-book

As parents, we all KNOW how important it is to take care of ourselves. However, knowing and doing are completely different things.

As a mum of twins, I've often thought:

Yes, I should be practicing self-care...but when on earth would I?

Between cooking, and getting kids to school, working, and dinner, and bedtime, when do I ever find the time or energy?

So, I've talked to other parents and put all those self-care tips and ideas in one guide. Enjoy:)

*Love,
Stephanie Hanna
Creator of Essmak Labels*

For Mind and Soul...

.....



TIP: Get familiar with self-care apps. And find the one for you!

For me, Headspace works wonders. It's an app for meditation. For you, it can be fitness apps, or apps for sleep, or apps to reduce stress



Think/Remember what gives you joy

Start with staying connected to your true self. What do you really love doing? What makes you feel alive and joyful? Prioritize activities that bring you happiness



Be present in the moment

Take a minute to stop whatever you're doing and feel the moment. Try the rule of three: What is around me now? What am I hearing? What am I feeling right now? Think about what is happening and what you look forward to



Make time for reflection

In your crazy-busy day, reserve at least 20 minutes for self-reflection. Make time for meditation, silence, prayer, or any form of self-reflection you enjoy. Give yourself some peace of mind and a quiet moment



Breathe!

When you feel like you're about to explode - breathe, count to three, and react to the situation wisely, instead of yelling or crying

De-Stress and Detox

***"You know
you're a mum
when you wish
there was a
delivery for
EVERYTHING!"***

Tip: Block-out 30 minutes a day for yourself. Get up earlier or go to bed later, or choose a specific time during the day. Let everyone in the family know this is your time to do something for you (not home duties!)

Use this time to read, get a cup of tea, take a long bath, go for a walk, etc.



Digital Detox

Do not check your FB and Instagram and deactivate all notifications and alerts on your phone. Take away the need to constantly check your phone. It will help you de-stress and focus

Get some fresh air

Get some fresh air at least 3-4 times a week. You'll find it helps clear your head and brings back your energy and creativity



Make your own routine

Create your own morning or evening routine. This can be anything! Short exercise, meditation, a cup of tea, skin care routine, reading – anything that makes you feel good. The point is to make it a regular thing. Routines and small rituals are great to relax and de-stress.

Get More Organized to be Less Stressed!

.....



***"Nobody ever said,
I regret
organizing my
house"***



Divide your day into blocks

Divide your day into short blocks of duties you can manage. They should be really short, 20-45 minutes each. Plan activities for each block. This helps to set small, realistic goals, plan better, and feel happier with what you have achieved during the day



The 30-30-30 Rule

Make a list of your important to-do's and block out short periods of time to get them done. E.g. 30 minutes to really listen to your little ones, 30 minutes to connect with your husband, etc. This way you can make time for self-care and again, feel that your day is more meaningful



Organize your house/kitchen

When your house is clean and organized, you feel better! Start with your kitchen or your closet. Get rid of the things you don't need and organize everything else with style! This helps reduce stress and feel like you've checked something off your to-do list.



Less is more!

Think of one duty you can remove from your schedule that does not really matter. As in, if you cut it out, nothing will change. Then cut it out of your list completely

Relax and find your joy

.....



Simple Joys

Make yourself a nice drink you like – coffee, herbal tea, hot chocolate or fresh juice and sip it slowly.



Pamper yourself

Go shopping, get a massage, get yourself some nice things that will bring you joy. You're allowed to, once in a while! Even better, if you do it all with a friend



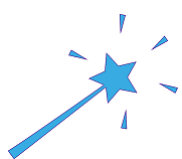
Enjoy time with your family

Your family is your source of happiness! For me, the most precious moments are family dinners with my husband and kids. Find your moments of joy and gratitude!

This is what makes us all stronger and happier, after all

To sum up...

.....



As mums, we often put everyone else's needs before our own. But you can't pour from an empty cup!

If you feel tired and exhausted, you have less to give your family and your little ones. There will always be activities and duties that take up your time and attention.

So, self-care should be on the list, too!

Schedule self-care activities in advance, even if it's just 20 minutes of 'me time'. This is what makes you stronger, calmer, more energetic and positive.

And when mum's happy, everyone's happy!

**"A mother is she who
can take the place of all
others, but whose place
no one else can take"**

Getting Organized: Pretty Pantry Labels!



Don't let pandemonium rule your pantry – opt for the perfect, practical solution to your organizational needs. Our Pretty Pantry labels are an eye-catching addition to all of your stored goods.

What you get:

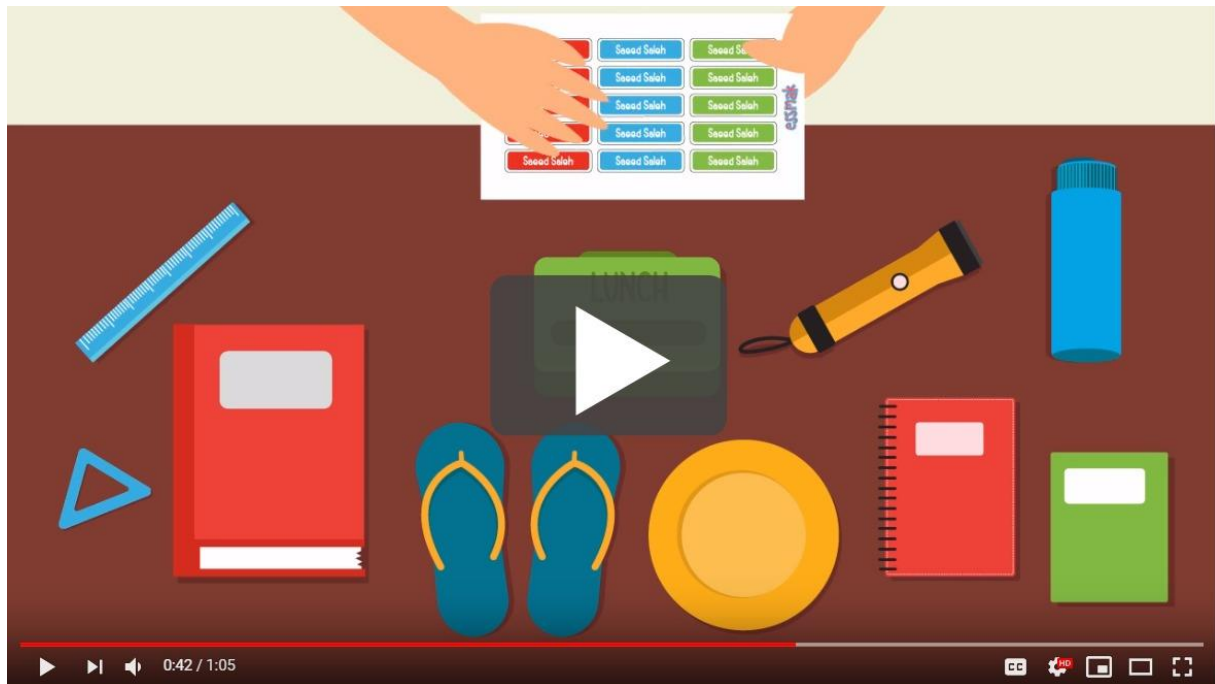
- 20 vinyl pantry labels
- 6 personalized vinyl pantry labels

Mum-friendly too! All our pantry labels are dishwasher, microwave, freezer and sterilizer proof.

[CHECK OUT PANTRY LABELS](#)

Got a question? Email me at stephanie@essmak.com or
whatsapp at +961 71 494 649

Short Video: How to apply your labels



Simply click this video preview to watch the short 1-minute video! You'll learn all about how to apply your labels

Video doesn't open? Follow this link: <https://youtu.be/KrUICO2qY6I>



SAFETY FIRST

Your child's safety is of paramount importance. Always check that any name labels are safely and fully adhered before giving them to small children

Got a question? Email me at stephanie@essmak.com or whatsapp at +961 71 494 649

Looking to organize everything with style?

Don't Lose It, Label it! #essmak
We will customize all items for you



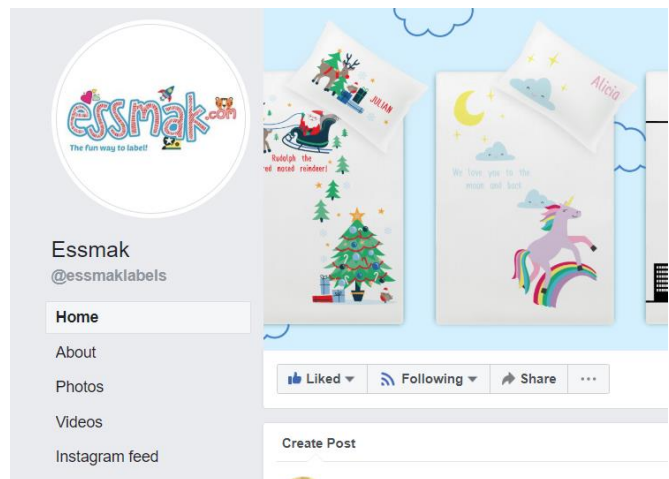
[CHECK OUT VALUE PACKS](#)



[SEE CLOTHING LABELS](#)



[ORGANISE YOUR KITCHEN](#)



[FOLLOW US ON FACEBOOK](#)

Got a question? Email me at stephanie@essmak.com or
whatsapp at +961 71 494 649