



Healing Toolkit for Single-Working Moms

Welcome to Marina's Ruby Slippers Healing Toolkit, designed for single working moms. This toolkit is a comprehensive resource to help you prioritize self-care in nutrition, mental health, and physical exercise. Incorporating healthy eating habits, mindfulness practices, and physical activity into your routine, you'll be better equipped to navigate the challenges of balancing work, family, and personal wellness. Let's dive into the toolkit:

1. Nutrition Guide:

- Meal Planning: Simplify your meal planning process with easy-to-follow templates and recipes tailored to busy schedules and dietary preferences.
- Healthy Eating Tips: Learn the importance of balanced nutrition and discover practical tips for incorporating more fruits, vegetables, whole grains, and lean proteins into your diet.
- Grocery Shopping Tips: Navigate the grocery store like a pro with guidance on reading food labels, choosing nutrient-rich foods, and budget-friendly shopping strategies.

2. Mental Health Resources:

- Stress Management Techniques: Explore various stress-relief strategies, including deep breathing exercises, guided imagery, and progressive muscle relaxation.
- Mindfulness Meditation: Cultivate calm and inner peace through guided meditation sessions designed for busy moms.
- Journaling Prompts: Engage in self-reflection and emotional processing with journaling prompts to foster self-awareness and personal growth.

3. Physical Exercise Plan:

- Yoga Workouts: Access beginner-friendly yoga routines tailored to enhance flexibility, strength, and relaxation. Follow along with instructional videos led by certified yoga instructors.
- Home Exercise Tips: Discover simple and practical exercises that can be done at home, requiring minimal equipment and time commitment.
- Outdoor Activities: Explore the benefits of outdoor exercise and connect with nature through activities like walking, hiking, or jogging in your local park or neighborhood.

4. Creating a Supportive Environment:

- Building a Support Network: Connect with other single moms facing similar challenges through online forums, support groups, or local community organizations.
- Setting Boundaries: Learn how to establish healthy boundaries in your personal and professional life to protect your time, energy, and well-being.
- Self-Care Rituals: Prioritize self-care by carving out dedicated daily time for activities that bring you joy, relaxation, and rejuvenation.

5. Additional Resources:

- Recommended Books and Podcasts: Explore a curated list of books, podcasts, and other resources focused on nutrition, mental health, mindfulness, and fitness.
- Professional Support: Access information on connecting with licensed therapists, nutritionists, and fitness coaches who can provide personalized support and guidance.

Remember, self-care is not selfish—it's essential for your overall well-being and ability to show up as the best version of yourself for your family and work. Take small steps each day to prioritize your health and happiness, and remember that you deserve to wear your own ruby slippers with pride. You've got this!

With love,

Denise Portillo-COO

Marina's Ruby Slippers Foundation

www.marinasrubyslipper.org

chingona@marinasrubyslipper.org