

Take a Moment: Self-Care Checklist for Tired Mums

When everything feels like too much, don't try to do it all.
Choose one small act of care.

Which one feels possible for you today?

- ☐ **Breathe**
Close your eyes. Inhale slowly. Exhale even slower. Repeat three times.
- ☐ **Drink something nourishing**
Water, tea, a smoothie, whatever feels gentle and replenishing.
- ☐ **Step outside (even briefly)**
Feel the air on your skin. Notice one thing you can see, hear, or smell.
- ☐ **Name how you feel**
"I'm tired." "I feel stretched." "I need support." Naming it helps soften it.
- ☐ **Ask for help (even a little) or accept an offer**
A message to a friend. A request to your partner. You don't have to carry it all.
- ☐ **Lower the bar**
Let something wait. Choose ease over perfection today.
- ☐ **Connect**
Share a smile, send a voice note, or notice a moment with your child.
Let someone in.
- ☐ **Rest your body**
Lie down for five minutes, stretch your shoulders, or soften your jaw.
- ☐ **Remind yourself**
You are enough. You are doing enough.
This is a chapter in your story and this moment will pass.

Remember

For ongoing support, please visit www.takeamomentcounselling.com.au

You are worthy of kindness, rest, and support — especially from yourself.