

Easy Ways to Sleep

Easy Tools for Tired Moms

Physical Points

10 minutes of exercise every day. And yes, walking the dog counts!

Wake up at the same time every morning.

Keep indoor lights low in the evening.

Emotional Points

Go outside in the sun every day. Your day dictates your night!

Learn healthy ways to cope with stress.

Include a favorite thing into your day to increase happiness: book, music, dance, drawing.

Mental Points

Journal down your thoughts

Have a supportive friend to talk to

**Take a self care break:
hot bath, meditate,
aromatherapy, massage.**