

# Jenna Folarin



## **15 SELF-CARE TIPS FOR MUMS**

(FOR WHEN THE KIDS ARE WITH YOU)

These are my tried and tested self-care tips that can all be done while you have your kids with you.

They are designed to be peppered throughout your busy day with the kids, so that you can replenish, restore and de-stress.

Put this list somewhere where you will see it every day, to give you that reminder to take time out for you.

Try them out and let me know how you get on!

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## 01

### **BREATHING EXERCISE**

Breathe in for 4 counts and breathe out for 7 counts. Repeat 3 times. This takes 30 seconds and can really take the edge off a stressful situation.

## 02

### **SCENT**

Light a scented candle, use essential oils in a diffuser or use scented hand cream. Using scent is a great mood booster.

## 03

### **PODCAST/AUDIOBOOK**

Listen to your favourite podcast or audiobook while you are doing the chores, or have it on in the background while the kids are occupied.

## 04

### **CHOOSE REST OVER CHORES**

And don't feel an ounce of guilt over it!!  
Or if that's too much, rest for 5 mins before chores so you are taking time to prioritize yourself before you start.

## 05

### **KIND SELF TALK**

Swap your inner critic for a loving, forgiving voice that cuts you some slack. Give yourself the kind words and advice that you would give to your best friend.

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## 06

### STOP AND HAVE A CUPPA

You get bonus points if it's hot!

## 07

### '5,4,3,2,1' MINDFULNESS EXERCISE

If your mind is racing, this exercise grounds you into the present moment. Say aloud or in your head - 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste.

## 08

### OPEN UP TO YOUR FRIENDS

Having authentic connections with friends is a key factor to making you more resilient. Share how you are REALLY feeling with them - chances are they can relate which makes you feel less alone.

## 09

### 5 MINUTE YOGA STRETCH

Choose a 5 minute yoga stretch video on Youtube - or get the kids to join in and do 'Cosmic Yoga' on Youtube together.

## 10

### SLOW DOWN

When your mind is telling you to do more and go faster, do the opposite and give yourself permission to slow down. It's no wonder we feel stressed, when we rush from task to task

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## 11

### ASK FOR HELP

You don't have to do it all alone. Share the load and ask for help from your partner, friends and family.

## 12

### MEDITATION

Choose a 5 meditation on Youtube/meditation app and listen to it with your eyes open, while the kids are occupied. The [Nourish app](#) has some fab short meditations too.

## 13

### NOURISH AND HYDRATE

Eat regular meals/snacks and drink enough water. We can be so focused on making sure the kids are sorted out, that we forget about ourselves.

## 14

### TREAT YOURSELF!

Order yourself something online that feels good to you - it might be flowers, a Kindle book, a self-care letterbox gift to yourself - you deserve it!

## 15

### PLAYLIST

Listen to or create a playlist to suit your mood - I love creating nostalgic playlists with all of those old songs you still remember all the words to!



## ABOUT

Hi, I'm Jenna, a Life Coach for Mums and a mum of two myself (my kids are 7 and 4).

I love supporting mums to bring more joy and creativity into their lives so they feel more fulfilled as a mum.

I'm here to support you in breaking through your barriers so that you can rediscover that creative side of you, work out how you can take that time to actually do something you love, and make incredible things happen for you.

Get in touch for a chat with me to see how I can support you - I can't wait to hear from you!



## Contact

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