

4

STEPS TO
REGAINING
YOUR ENERGY
THROUGH SELF
CARE



Are you feeling depleted, burnt out, stretched thin, or just overall exhausted?

Do you have a hard time asking for help or carving out time for YOU?

Do you feel like you never have enough energy to do the things you love when you do have mom breaks?



I feel you mamas. I have been there. I was so exhausted, anxious, hormonal, and insular postpartum, the idea of self care seemed like a thousand miles away.

I am Nicole, host of the Soul Mamas Podcast, Mama Coach, surfer, and mom of a toddler and two teenage stepsons. I know JUST how hard it can be to put self care first. Because I was experiencing so much anxiety and exhaustion early on postpartum, I had to shift my perspective and learn some important tools for self care. Did it make a difference? YES. tenfold.



I didn't know what self care actually meant or how to apply it. Why I didn't realize was that the temporary fixes and things I was doing to "relax" or "re-energize" were actually making me feel worse in the long run. They were fine for temporarily zoning out, or speeding up, but they didn't bring actual energy, productivity and vitality back into my life.

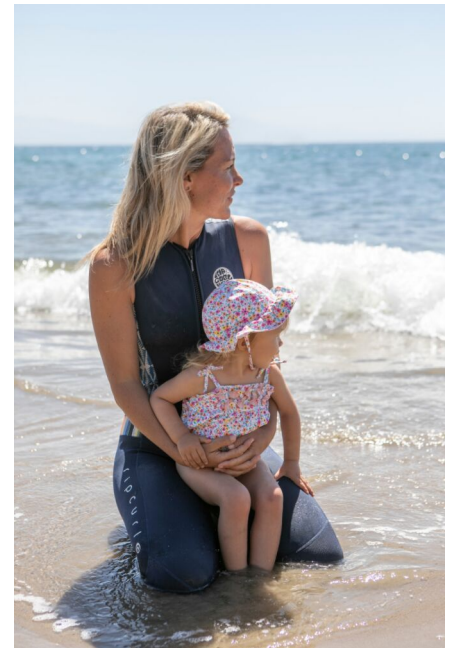
In fact, they often did the opposite. I felt MORE burnt out, less focused, more guilty for vegging out, and/or more scattered. If I had only known what real and sustainable self care really looked like, I would've been more open to it and created time for it. It was once I started saying "yes" to help, to taking mom breaks, to working out and doing things I loved, that I started regaining my real energy and stamina back. How did I do this? Keep reading. . .



What did I find out?

First of all, realized that so many of us mamas are afraid to say YES to ourselves, usually for fear of not feeling “enough” or worry that we won’t look like we have our stuff together. This is silly. It is actually more brave and in alignment with our truth to recognize our energy is wavering and that we need help. Otherwise, one day we will completely burn out.

Throughout this self care journey I concluded it was not only important for moms to take their health and wellness seriously, it was imperative for being a good mom. If we are constantly without energy, and struggling through the day, then we couldn’t be the present, enthusiastic or passionate moms we wanted to be. Using some of the tools I include below, I promise you, you will start to bring not only energy back into your lives, but overall productivity and wellness-for you and your family.



How to use this PDF...

Interact with this with a writing utensil and paper please. You can also write directly on this worksheet. Why is that important? Because it sets our intentions in motion and gives our thoughts a real purpose when we write them down.



SOULMAMMAS SELF CARE PLAN

4 STEPS TO RE-ENERGIZE TODAY

STEP 1

1.) Write out what has been weighing on you. As many as you would like. For instance, write “I am feeling like my nutrition is waining, and my health has gone down the drain, or my partner isn’t helping around the house enough.”

STEP 2

2.) Take that list from above and turn each one into a NEED. For example “I need to get on top of my nutrition because my health has gone down the drain, or I need my partner to help me more around the house.

STEP 3

3.) Carving out time: Create a T chart or two lists (on the back of this paper) which include your time wasters & time commitments. This will help you to realize where you are actually wasting time & where you can start committing time. For instance, maybe you are scrolling mindlessly through your phone & could really use that time to start a food journal, an online yoga or nutrition class or go on a run. Think carefully about what fills you up and what depletes you. If it depletes you, it goes on the left. If it fills you up, just at the thought, it goes on the right.

STEP 4

4.) Putting it into ACTION. Investing monetarily & time wise into your chosen pursuits and allowing people to help. There is something about investing in ourselves energetically that makes our overall vitality go UP. Does it have to be a lot of money? Of course not. It can be as little as \$10 a month on an online food app or yoga class online. Just the act of doing this will be telling the universe we are taking our health and wellness as moms seriously.

So using the time waster and time commitment chart above, write down 3-5 sentences of how you will start committing to your ‘need’ from above.