

self care stones

Below are your self-care stones. Take one as you need to help you rest, recover and utilise your day to it's fullest potential.

Take a BATH

Pick up a good book, some nice bubbles, snacks and take time for yourself.

nap Time

While your child naps schedule in time for yourself to recharge too. Enjoy a hot drink, catch-up on your tv show and simply relax.

stay active

Take a walk around the block, chase your children around the yard, dance up a storm in the lounge (don't forget to sing along at the top of your lungs)

Talk

Make sure you seek out someone to talk to both for a connection with others and for the support they will provide.

clean

Tidying up one room, or even one space, can be therapeutic for some and gives a sense of satisfaction when complete.

stay Hydrated

Try to drink 8 glasses of water a day. Add a splash of lemon, some mint or frozen berries to liven it up

cook something special

Prepare your favourite dish or find a delicious recipe online
Take time to enjoy your food too.

START a JOURNAL

Write down one positive thing every day. Even the smallest moments bring great joy and set us on a path for a better tomorrow.

Rest and wind down

Find time to wind down at the end of a busy day. This will support a restful night's sleep so you wake refreshed the next morning.