

Simple Self-Care Guide

for Christian Moms

Natural Wellness & Grace-Filled Routines

Quick Self-Care Check-in

How's your self-care, really?
Some ideas for practicing self-care:

- Carve out quiet time with God
- Move your body daily
- Get outside
- Prayer + Journaling
- Set Boundaries - ask for help
- Eat more nourishing foods

My Wellness Favorites:

- _____
- _____
- _____
- _____
- _____
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- _____
- _____
- _____

Morning & Evening Routine Templates

Morning Routine:

- Wake up gently (no phone yet)
- What are you grateful for?
- Make bed & get dressed
- Enjoy your favorite essential oil
- Quiet time in prayer, journaling
- Write your top priorities for the day, start with the most impactful

Evening Routine:

- Turn off screens 1 hr before bed
- Dim the lights
- Select outfit for tomorrow
- Magnesium lotion or spray
- What are you grateful for?
- Lights out

Scripture + Journaling Prompts

- **Matthew 11:28** - *Where do I feel most weary right now? What would it look like to bring that to Jesus?*
- **Psalms 46:10** - *What area of my life needs stillness and trust today?*
- **1 Corinthians 6:19-20** - *How can I honor God with my body through rest, nourishment, and care?*
- **Proverbs 31:25** - *What helps me feel strong and dignified as a mom? How can I cultivate more joy in my daily routines?*
- **Isaiah 40:31** - *What can I release today so I can be renewed? Where am I placing my hope right now?*