



Easy Self-Care Tips For New Moms



Have a morning routine



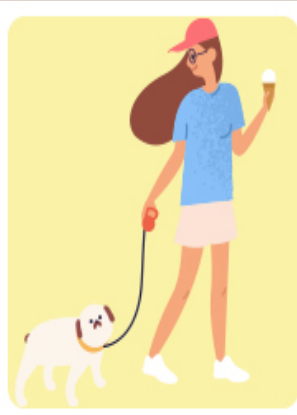
Wake up before your baby, take time to pray, meditate, sip some tea, and do journaling or affirmations.

Make quick meals



Organize your weekly meals in advance or get help to make them and store them in the freezer.

Get moving



Go for a walk or join a yoga or fitness class at a local gym. Exercise will help you stay physically and mentally fit.

Bond with loved ones



Join your friends for lunch or a shopping trip to feel refreshed and boost your mood.

Sleep tight



Go to sleep when your baby does, or create a bedtime routine. Doing so will keep you feeling good and mentally fit.

Seek help



Ask for help from friends or family to complete any task or to take care of the baby.