



Scrolling Alternatives Planner

Most of us have some downtime after the kids go to sleep, but we often default to device time out of habit or boredom. Tech time can be fun, but when you are feeling depleted often there are other activities that can provide more nourishment. You can also try nourishing tech options such as podcasts, audiobooks, or music.

When I have the urge to scroll, I can try these ideas instead:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

If I'm feeling like tech time, here are some nourishing options:

1. _____
2. _____
3. _____
4. _____
5. _____



"ALMOST EVERYTHING WILL WORK AGAIN IF YOU UNPLUG IT FOR A FEW MINUTES, INCLUDING YOU."

– Anne Lamott



Self-Care Inspiration

Emotional Self-Care:

- Creative writing, journaling
- Gratitude list
- Send a letter/text of appreciation
- Coloring, creative art projects, crafts
- Listen to or write music
- Snuggle with loved ones, pets, cozy blankets
- Massage your back or feet with a tennis ball
- Drink hot cocoa or tea
- Do a face mask or put on a lovely smelling lotion
- Take a bath or try shower steamers
- Write down your strengths
- Make a list of your favorite quotes
- Perform a random act of kindness for yourself
- Perform a random act of kindness for someone else

Journals and Workbooks:

- Good Morning, I Love You: A Guided Journal for Calm, Joy + Clarity by Shauna Shapiro
- The Self-Care Investment: Your Guide to Making Your Self-Care Non-Negotiable by G. Michelle Goodloe
- The Set Boundaries Workbook: Practical Exercises for Understanding Your Needs and Setting Healthy Limits by Nedra Glover Tawwab
- The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive by Kristin Neff and Christopher Germer

Relational Self-Care:

- Reach out to a loved one
- Tell a loved one why you appreciate them
- Go on a date night with a significant other or yourself

TED Talks:

- How to Make Stress Your Friend by Kelly McGonigal
- The Power of Introverts by Susan Cain
- The Power of Vulnerability by Brené Brown
- The Power of Mindfulness: What You Practice Grows Stronger by Shauna Shapiro (TEDxTalk)
- The Space Between Self-Esteem and Self Compassion by Kristin Neff (TEDxTalk)

Podcast Suggestions:

- The Science of Happiness
- Forever 35: A Self-Care Podcast
- Armchair Expert
- Be Well Sis
- The Connected Mom Life
- Unlocking Us
- WorkLife with Adam Grant

App Suggestions:

- Nourish: Wellbeing for Mums
- Calm: Meditation and sleep
- Insight Timer: Meditation, relaxation + sleep
- Shine: Anxiety and stress
- Headspace: Meditation