



What Nourishes You, Mama?

Sometimes as a mother we just need to take inventory for a moment. This is hard to do because our lives are so busy, but it's important to pause for a second and see if the things we are doing are helping or detracting from our well-being. The exercise below will help you identify things you do that are nourishing or depleting, and consider how you can integrate more activities that keep you feeling nourished and healthy.

Nourishing vs. Depleting Activities Exercise:

1. In the table below (or on the next page), write down the activities you do each day, and then check whether they are nourishing or depleting. A nourishing activity is one that gives you energy or helps keep you grounded. In contrast, a depleting activity is one that you find stressful or anxiety-provoking.
2. If the activity is depleting, consider if you can give it to someone else to complete, or how you can make it less depleting. If that's not possible, consider how you might increase the number of nourishing activities to offset the stress from doing things that are depleting.
3. In the final column, write a plan for how you might make modifications to your activities to experience more well-being and better nourish yourself as a mother.

Activity	Nourishing	Depleting	Plan

Below, circle any activities that you can add to your day that would be nourishing:

- *Listen to an old CD
- *Take a bath
- *Talk to a friend on the phone
- *Go on a walk
- *Make yourself a smoothie
- *Read a magazine
- *Sip a cup of your favorite tea or coffee
- *Flip through a photo album
- *Rest with the sun on your face
- *Spend a second drawing or doodling
- *Send a quick "I love you" text
- *Meditate or pray

