

**20 NOT-SAD**

**RESOLUTIONS**

**FOR MAMAS**

1. Drink 3 litres of water each day.
2. Floss your teeth every night.
3. Take the stairs on transit, at the office, and at home.
4. Eat dinner as a family, away from the TV, every night.
5. Stretch your chest, hips and shoulders every day for 5 minutes..
6. Journal 3 things for which you are grateful each morning before your day starts.
7. Walk or cycle to work/kiddo drop-off every day instead of driving, if possible.
8. Meditate for 5 minutes each day, using an app or guided meditation if you like.
9. Journal your day/thoughts & perform a written "brain-dump" each night.
10. Eat seated at your table and not on your couch/bed.
11. Text or call a friend or family member every single day..
12. Replace one serving of alcohol or soda per day with a cup of green or black tea.
13. Commit to one act of self-care each day, like a walk, bath, pedicure or just alone time.
14. Eat a fruit or vegetable at every meal.
15. Substitute a sprinkle of cinnamon for sugar in your coffee.
16. Read for at least 10 minutes every night before bed.
17. Do a 10-minute workout, walk or yoga flow each day.
18. Wake up 15-30 minutes earlier to make more time for yourself.
19. Plan your meals for each day, or longer, in advance.
20. Spend 1-2 hours of phone-free time before bed.

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