THE BLOOMING WILDFLOWER



A Gentle Self-Care Reset

A little care for the woman behind the mother.

You do not have to do everything on this page. Choose what feels possible today. On a hard day, one small act of care still counts.

Today, I can care for myself by... ♥

Pick a few. Skip the rest. Come back tomorrow if you want to.

START WITH THE BASICS

- ☐ Drink a full glass of water.
- ☐ Make or choose a breakfast that feels nourishing and enjoyable.
- ☐ Take my prescribed medications or vitamins.
- ☐ Brush my teeth.
- ☐ Take a warm shower — even a quick one counts.
- ☐ Brush or style my hair.
- ☐ Change into clothes that feel comfortable and like me.
- ☐ Open the curtains or step outside for a little fresh air.

NOURISH + MOVE GENTLY

- ☐ Eat lunch instead of putting it off.
- ☐ Sit down for one meal, if I can.
- ☐ Make a drink I genuinely enjoy.
- ☐ Move my body in a way that feels good and is appropriate for me — 5, 10 or 30 minutes all count.
- ☐ Stretch, take a slow walk, or simply change scenery.
- ☐ Rest when I have the opportunity — without turning the break into chores.

FEEL A LITTLE MORE LIKE ME

- ☐ Do my skincare or another small grooming ritual.
- ☐ Play music that makes me feel like myself.
- ☐ Spend 10–30 minutes on a hobby or interest that belongs to me.
- ☐ Do one thing simply because I enjoy it.
- ☐ Wear something that makes me feel good — even if I am staying home.

REST + CONNECTION

- ☐ Call or text someone I feel safe with.
- ☐ Ask for help instead of carrying everything myself.
- ☐ Take a short break that is actually for me.
- ☐ Say no to something I do not have capacity for.
- ☐ Plan one small outing or pocket of time just for myself.

For reflection, encouragement and general wellness support. Not medical or mental health advice, and not intended to diagnose or treat any condition. If you are concerned about your health, contact a qualified healthcare professional.

A little check-in

There is no right answer here. This page is simply a place to notice what you need and make room for yourself, too.

What would make me feel 10% more cared for today?

Something I have been putting off for myself is…

Something I miss from before pregnancy, postpartum or baby is…

A tiny way I could bring a piece of that back into my life is…

Something I need help with right now is…

One person I can ask for that help is…

My three gentle priorities for today

1

2

3

Making room for me

Motherhood added to who you are. It did not erase you.

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What were my hobbies or interests before pregnancy or baby?

What still makes me feel like myself now?

One thing I want to reconnect with is…

What is the tiny version that still counts?
Example: 10 minutes of reading, one song with headphones, one sketch, one short walk.

Where could this realistically fit into my week?

One gentle promise to myself this week

This week, I will make _____ minutes for _____

A date with myself ♥

Self-care does not have to be expensive or elaborate. Plan something that gives you a little space to remember that you are a person, not only a role.

Something I would genuinely enjoy doing:

Where would I like to go — or where could I do it at home?

Who or what could help make this time possible?

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When could I realistically do it?

What usually stops me from taking time for myself?

What could make it a little easier this time?

How much time feels realistic?

☐ 15 minutes ☐ 30 minutes ☐ 1 hour ☐ 2 hours ☐ An afternoon

You are still here, too.

Breakfast counts. A shower counts. Asking for help counts. Ten quiet minutes count. Small acts of care are still care.

If I need support right now

Immediate danger or medical emergency
Call 911 or go to the nearest emergency department.

988 Suicide & Crisis Lifeline
Call or text 988 — free, confidential support, 24/7.

National Maternal Mental Health Hotline
Call or text 1-833-TLC-MAMA (1-833-852-6262) — free, confidential, 24/7, before, during and after pregnancy.

Crisis Text Line
Text HOME to 741741 — free, 24/7.

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