



## PRACTICAL SELF CARE IDEAS

*for homemakers*



1. Make food that you like, even if the rest of the family doesn't.  
Not all the time, but every once in a while.
2. Say no to extra things that are asked of you if you don't want to do them.
3. Stop doing difficult things that no one appreciates.
4. Unless you enjoy them. In that case, do them for fun and consider them a hobby.
5. Grow things in your garden that you enjoy.
6. Make the space above your kitchen sink pretty.  
No broken junk and medicine dispensers!
7. Keep your home organized and think of it as a gift to yourself.  
It is so nice to open a drawer and have it look beautiful
8. Ask for help from your spouse...nicely.
9. Encourage kids to help you as much as they can,  
or at least work on their independence.
10. Set a time of day that you are DONE with housework, no matter what.
11. Request books from the library that YOU want to read, not just kid's stuff.
12. Schedule one night a week for leftovers. If there aren't any left  
when that day rolls around, make sandwiches!
13. Set a time to get out of the house alone or with a friend at least once a month
14. Stop looking for external validation.
15. Keep flowers by your bed or your bathroom sink

