

THE WELL MOM CHECKLIST

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- Have I eaten enough nutritious food today?
- Have I slept at least 5 hours, or taken a nap?
- Have I bathed or showered today?
- Have I exercised at least 10 minutes today?
- Have I had at least 10 minutes of quiet time for reflection and renewal today?
- Have I let myself laugh today?
- Have I let others help me today?
- Have I kissed my baby and told him/her “I love you” today?
- Have I talked to at least one adult today about how I’m doing today (not just about the baby)
- Have I forgiven myself for mistakes today?