

# The Busy Mom's Guide to Self-Care

*When Time is Tight, and it Always Is*



Start a Self-Care Practice Today with these Scientifically Proven Tips from "Self-Care for Working Moms" by Dr. Ginger Garner, DPT & Mom of 3

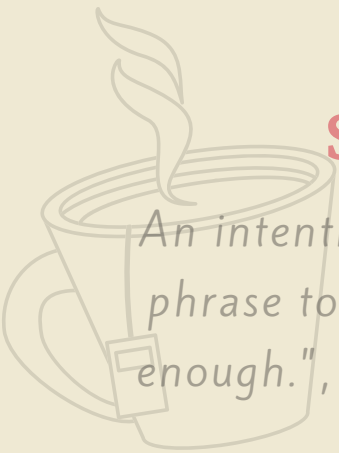


## Pick Up a Book.

Reading as little as 6 minutes a day improves your stress response and can reduce stress levels by up to 68%.

## Meditate

Meditate daily. As little as 2 minutes a day can help reduce anxiety, asthma symptoms, cancer risk, chronic pain, depression, heart disease and high blood pressure, irritable bowel syndrome, sleep issues, and tension headaches.

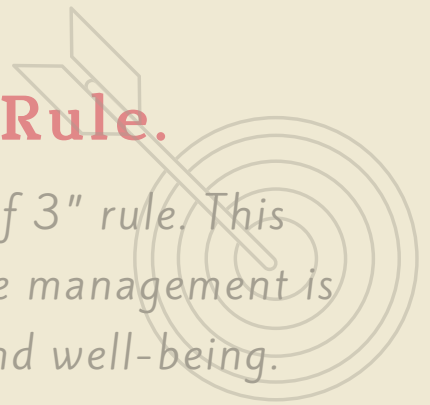


## Set an Intention for the Day

An intention isn't a goal. Setting one is as simple as repeating a phrase to yourself when you are anxious or worried; like, "I am enough.", "Yes, you can.", "You are strong enough.", or "Just Be You."

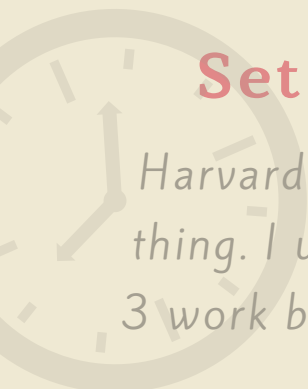
## Live by the "Power of 3" Rule.

I set a goal for the day & live by the "Power of 3" rule. This means I set no more than 3 goals each day. Time management is intimately connected to your overall health and well-being.



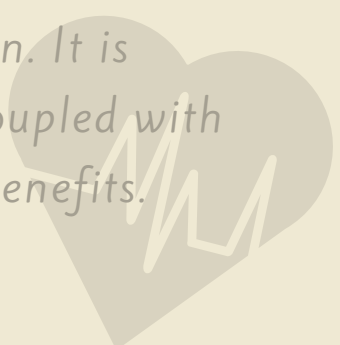
## Set Boundaries to Get In "The Flow"

Harvard Business Review & Forbes acknowledge "Flow" is a real thing. I use the "Power of 3" rule again. I schedule no more than 3 work blocks a day, or no more than 3 major "thinking" projects a day.



## Move Daily.

Exercise is perhaps your biggest anti-aging weapon. It is neuroprotective & anti-inflammatory. And when it's coupled with mindfulness, it packs a double whammy of health benefits.



**...get all 11 proven tips here...**