



## Seven Simple Self-Care Tips

1. Get dressed. Put on makeup. Do whatever you need to do to feel like you look like yourself.
2. Take a five minute walk outside.
3. Message or call a supportive friend or family member.
4. Dance around with your baby. Use ear plugs or headphones if necessary.
5. Take a silly selfie with your baby.
6. Do a few stretches.
7. Drink a glass of water, cup of tea or coffee.