

30 DAYS OF MICRO-ME- TIME-MOMENTS

SIMPLE, FIVE-MINUTE SELF-
CARE PROMPTS THAT EVEN
THE BUSIEST OF WOMEN CAN
FIT INTO YOUR CRAZY
SCHEDULES!!

30 DAYS OF MICRO-ME-TIME-MOMENTS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Have a brain dump: get yourself a blank page and pen, set a timer for 5 mins and just scribble down whatever is in your brain. Could be things you need to do, things you want, or just whatever is on your mind that day.	Shut yourself in your bedroom (or lock yourself in the bathroom!) and do a 5 minute meditation. Here's one you might like: https://youtu.be/rTR1m8WfEHk	Text a friend and arrange to meet for a coffee and cake within the next two weeks. If you can't get childcare, take them with you!	Set yourself a small budget that you'd feel comfortable spending and open the website of your favourite shop. Give yourself 5 mins to choose something for yourself that matches your budget and order it!	When you get into bed at the end of the day, think about, or ideally write down, three things that you're grateful for from that day, however small.
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Give yourself a mini facial. Cleanse your face and stick a face mask on, listen to a couple of your favourite tunes while the mask sets! (Do this before bedtime for a better night's sleep).	Create a feel-good playlist of all your favourite tunes then whilst doing some housework/ cooking the dinner stick the tunes on loud and have a good old boogie around your kitchen!	Get yourself an adult colouring book and some pencils and spend 5 minutes doing some colouring.	Set a five-minute timer, get comfortable and challenge yourself to do absolutely nothing; no phone, no book, no music, just be silent with your thoughts.	Listen to a bite-sized podcast episode. The Mums' Night Out coffee catch-up episodes are the perfect length for this: https://mumsnightout.buzzsprout.com/
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Get outside, take your shoes and socks off and spend 5 minutes walking barefoot in the grass.	Try a 5 minute yoga workout. Simply type 5 minute yoga and there are loads. I like this one: https://youtu.be/4C-gxOE0j7s	Pick your favourite colour nail varnish and give yourself a mini manicure or pedicure.	Take 5 breaths using the power breathing technique: Raise your arms above your head whilst breathing in for 5 seconds, hold for 20 seconds with fingers interlaced above your head, then breathe out for 10 seconds whilst bringing your arms back down to your sides. Repeat 5 times.	Make yourself a cup of tea or coffee and actually sit and drink the whole thing whilst it is still hot!

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DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Make a list of your closest family and friends and pick three to send a text to saying hi and letting them know you're thinking of them.	Spend 5 minutes daydreaming about where you'd love to go on holiday and make yourself a bucket list of dream destinations.	Choose your favourite indulgent snack. Sit in your comfiest chair and enjoy every bite of the snack. Think about how it tastes, how it smells, the texture, the colour, etc. really focus on it and do nothing else other than enjoy that snack!	Spend 5 minutes reading from a book that inspires you.	Try a quick journaling exercise. Simply write down how you're feeling, what's on your mind or what you'd like to do that day/week.
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Find a cocktail recipe and make yourself a drink in a fancy glass complete with all the trimmings. Slip on a dress and your heels and pretend for 5 minutes that you're at a glam cocktail bar!	If you're collecting your kids from school/clubs/child care get there 5 minutes early and just sit quietly in your car listening to music, reading a magazine or browsing your socials for a few minutes (whichever you find most relaxing!)	Create a Pinterest board or Instagram collection of your favourite inspirational quotes then spend five minutes reading through them.	Pick a language you'd love to learn, download an app like Duolingo or Babbel and spend 5 minutes as and when you can learning a few words and phrases. You'd be amazed at how quickly you could pick up quite a few words!	Get out of the house and go for a 5-minute walk around the block to clear your head, get some fresh air and get your body moving.
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Have fun creating a silly TikTok video or Instagram reel. You don't have to post it but just allow yourself to let you go, be silly and have a laugh!	Put on your favourite song and sing along at the top of your voice. Better still, grab your hairbrush microphone and channel your inner Beyonce!	Give your brain a mini workout and a break from more challenging thoughts - grab a puzzle book! Spend 5 minutes doing a wordsearch, suduko, crossword - whatever is your puzzle of choice.	Buy your favourite magazine and spend some time curled up in a comfy chair reading some mindless celebrity gossip or fashion tips.	Have a collection of blogs that you find inspirational/entertaining/informative and dive into a couple of posts! You can hopefully find some inspo at www.mumsnightout.com/blog