



# THE BALANCE BLUEPRINT FOR WELLNESS HABITS

*for Busy Moms*

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# THE WOMAN HELPING NEW MAMAS THRIVE

## Get to Know Jaree

Hi, I'm Jaree Williams, a postpartum wellness coach dedicated to helping new moms prioritize their well-being while navigating motherhood.

After my own experience with postpartum depression, I became passionate about empowering moms to reclaim their identity through balance and self-care. I created the 'Nurturing The Mama Membership' to provide community and support on this journey.



As a trained maternal mental health advocate, I focus on helping moms build habits that promote emotional, physical, and mental wellness. My goal is to ensure that every mom feels seen, supported, and capable of thriving, not just surviving, in this season of life.

Through my membership, resources, and coaching, I offer practical tools and compassionate guidance to help moms prioritize themselves without feeling guilty. You don't have to go through this alone – I'm here to walk alongside you.

# 5 Simple Daily Wellness Habits for Busy Moms

## **Introduction:**

This challenge is designed to help you take small but impactful steps to prioritize your wellness. Each day, you'll focus on a simple habit that will help you reconnect with yourself and feel more balanced. By the end of the week, you will have a foundational routine they can realistically follow to nurture their well-being and prevent burnout.

**The Goal:** Help moms create a realistic, sustainable daily routine for self-care and wellness that fits into their busy lives.

# 5 Simple Daily Wellness Habits for Busy Moms

## Daily Challenges

### Day 1: Morning Moments

- **Focus:** Establish a 10-minute morning routine for energy and clarity.

### Day 2: Hydrate & Nourish

- **Focus:** Prioritize hydration and balanced snacks/meals.

### Day 3: Movement Minutes

- **Focus:** Incorporate 5-10 minutes of daily movement, even with the kids.

### Day 4: Emotional Check-In

- **Focus:** Build emotional awareness to stay grounded.

### Day 5: Unwind Routine

- **Focus:** Create a calming end-of-day routine.

### Day 6: Partner or Support Check-In

- **Focus:** Strengthen your support system and partnership.

### Day 7: Celebrate & Plan Forward

- **Focus:** Reflect on progress and outline next steps.

# 5 Simple Daily Wellness Habits for Busy Moms

## Day 1: Morning Moments

- **Focus:** Establish a 10-minute morning routine for energy and clarity.
- **Activity:** Simple steps like stretching, hydrating, and journaling one positive intention for the day.

**Tools:** Check out this morning routine checklist to get an idea of how you can leverage a morning routine on the next page

# DAILY WELLNESS CHECKLIST

## **Morning:**

- Wake up and stretch for a few minutes to get your body moving.
- Drink a glass of warm water with lemon to hydrate and boost digestion.
- Practice mindfulness or meditation for 5-10 minutes to set a positive tone for the day.
- Enjoy a healthy breakfast consisting of protein, whole grains, and fruits or vegetables.
- Take a brisk walk or engage in light exercise to energize your body.
- Plan and prioritize your tasks for the day to stay organized and reduce stress.
- Set aside time for self-care, such as taking a shower or practicing skincare routine.
- Connect with your baby through cuddles, playtime, or feeding.
- Get dressed for the day.

# 5 Simple Daily Wellness Habits for Busy Moms

## Day 2: Hydrate & Nourish

- **Focus:** Prioritize hydration and balanced snacks/meals.
- **Activity:** Tips for easy snacks and water reminders; set up a "hydration station" with a water bottle nearby.
- **Tools Provided:** Nutritional guide with quick snack ideas.



# Meal Prep Masterplan

Create a list of preferred meals or dietary needs before the baby arrives.

Ask yourself:

- What quick meal options can you rely on for Breakfast, Lunch, and Dinner?

Having a supply of healthy, easily reachable meals guarantees that you have nourishing food ready during the busy early days. Seek assistance from friends, family, or a meal delivery service to make things easier.

Stay tuned for more on the following page.

Weekly

## MEAL PLAN

FROM:     /     /     TO:     /     /

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

## SHOPPING LIST

# 5 Simple Daily Wellness Habits for Busy Moms

## Day 3: Movement Minutes

- **Focus:** Incorporate 5-10 minutes of daily movement, even with the kids.
- **Activity:** Choose from walking, stretching, or dancing with the little ones.
- **Videos:**

### Walking

<https://youtu.be/gdy9-Az8Mzg?si=EHVFXDmyd79rtPeK>

### Stretching

<https://youtu.be/61jNbyXc30o?si=NBXOXXd8gJph0by1>

### Dancing

[https://youtu.be/y3KwVF-aBNQ?si=nIP45lrSa-ktz\\_v5](https://youtu.be/y3KwVF-aBNQ?si=nIP45lrSa-ktz_v5)

# 5 Simple Daily Wellness Habits for Busy Moms

## Day 4: Emotional Check-In

- **Focus:** Build emotional awareness to stay grounded.
- **Activity:** Spend 5 minutes journaling or mentally checking in with emotions and gratitude.
- **Tools Provided:** Emotional check-in guide on the next page.

# Reflection

## Emotional Check-In Guide

This emotional check-in guide can be used daily or as needed to help you identify, understand, and work through your feelings.

### Step 1: Pause & Breathe

- Take a few deep breaths. Try to get comfortable and relax any tension in your body.

### Step 2: Identify Your Emotion

- How am I feeling right now? (List any words that come to mind: overwhelmed, content, frustrated, happy, tired, etc.)
- Where do I feel this emotion in my body? (e.g., tightness in the chest, tension in the shoulders, butterflies in the stomach)

### Step 3: Understand the Trigger

- What might have triggered this emotion? (e.g., a specific event, interaction, memory, or unmet need)
- What unmet need or desire might this emotion be pointing to? (e.g., rest, connection, feeling valued, etc.)

### Step 4: Reframe & Release

- What would I like to tell myself about this feeling?
- Is there a different perspective I can take that feels gentler or more compassionate?

### Step 5: Take One Action

- What is one small action I can take to support myself in this emotion? (e.g., reach out to a friend, take a break, journal, or do a quick mindfulness practice)

### Step 6: Gratitude & Intention

- What am I grateful for in this moment?
- What intention do I want to set for the rest of my day?



# 5 Simple Daily Wellness Habits for Busy Moms

## Day 5: Unwind Routine

- **Focus:** Create a calming end-of-day routine.
- **Activity:** Simple ideas like disconnecting from screens, stretching, or a brief mindfulness exercise.
- **Tools Provided:** Evening checklist with suggestions below.

# DAILY WELLNESS CHECKLIST

## Evening:

- Prepare a balanced dinner with lean proteins, whole grains, and vegetables.
- Engage in a relaxing activity like taking a bath, reading, or practicing gentle yoga.
- Create a calming bedtime routine to signal your body it's time to wind down.
- Disconnect from technology at least an hour before bed to promote better sleep.
- Practice gratitude by writing down things you are thankful for.
- Stay hydrated by drinking a glass of water before bed.
- Prioritize quality sleep by ensuring your sleep environment is comfortable and conducive to rest.
- Practice self-compassion and remind yourself of the amazing job you're doing as a new mom.

Remember, this checklist is meant to be flexible and adaptable to your unique needs and schedule. Adjust and modify it as necessary to create a routine that works best for you. Taking small steps towards wellness each day will help you nurture your well-being and enjoy this beautiful journey of motherhood.

## 5 Simple Daily Wellness Habits for Busy Moms

### Day 6: Partner or Support Check-In

- **Focus:** Strengthen your support system and partnership.
- **Activity:** Encourage a quick conversation with a partner or friend to check in on mutual needs and well-being.
- **Tools Provided:** Conversation starter prompts below.

1. How was your day today? Was there anything particularly challenging or rewarding?
2. What's one way I could better support you this week?
3. Is there anything you're looking forward to that I can help make time for?
4. Is there anything that's feeling overwhelming to you right now?

## 5 Simple Daily Wellness Habits for Busy Moms

### Day 7: Hydrate & NourishCelebrate & Plan Forward

- **Focus:** Reflect on progress and outline next steps.
- **Activity:** Identify one or two favorite daily practices to continue.
- **Tools Provided:** Reflective worksheet to help solidify the routine.

When considering your daily routine, distinguish between what fills you up and what drains you. For instance, you might enjoy cooking dinner but find folding clothes to be draining. Be truthful as you make your lists.

**Filling**

**Draining**



# Next Steps to Lasting Wellness

Congratulations on completing the 5-Day Wellness Challenge!

You've taken an important step towards creating balance, prioritizing self-care, and nurturing your well-being. Now, imagine having continued support, resources, and a community to keep up the momentum. That's where the Nurturing the Mama Membership comes in!

## Introducing the Nurturing the Mama Membership

The Nurturing the Mama Membership is a supportive space designed for moms like you who want to maintain their wellness journey and create a sustainable self-care routine, even in the busyness of motherhood.

Here's how it supports the key areas from your challenge and builds upon the foundation you've already set:

### 1. Ongoing Self-Care Support

- Enjoy monthly wellness themes with actionable steps, just like your daily challenges, to help you stay grounded and energized.
- Access mini-trainings, quick self-care tips, and ideas for building routines that fit seamlessly into your daily life.

### 2. Community of Like-Minded Moms

- Connect with other moms in our private group who understand the balance between self-care and family life.
- Share your wins, get encouragement, and find accountability partners as you grow together.

### 3. Monthly Check-Ins and Q&A Sessions

- Join monthly live sessions where we dive deeper into topics like emotional resilience, time management, and family wellness.
- Get answers to your questions and guidance tailored to the challenges you're facing right now.

### 4. Access to Exclusive Resources

- As a member, you'll have access to guided activities, downloadable resources, and tools that extend beyond the initial challenge, helping you refine and expand your self-care practice.
- Each month's resources are tailored to provide new insights and practical steps so you can continue building habits that last.

# Next Steps to Lasting Wellness

## 5. Personalized Support

- Receive special access to discounts on 1:1 coaching sessions for when you're ready for a deeper dive into your wellness goals.
- I'll work closely with you to address specific needs, whether it's establishing a long-term wellness plan or navigating a particularly challenging season.

Ready to Keep Growing? Join Today Here:

<https://www.navigatingpostpartumwellness.com/new-mom-postpartum-community>

Become a member and continue nurturing yourself with the support and resources designed for lasting wellness.