



HAPPY BELLY COACHING

The Mini Mama Manual

YOUR GUIDE TO PRACTICAL SELF-CARE

happybellycoaching.com

A NOTE ON SELF-CARE IN MOTHERHOOD

Call it what you want...
Self-care, wellness, mama maintenance.

Whatever it is you've known you need to add it in for a while now, but you haven't. Maybe because the world has told you it's optional, a luxury, an indulgence. Maybe you've been waiting for the time, money or energy. Maybe your mom guilt has spoken too loudly, quieting the voices that tell you it's time. Maybe you've decided it's a want, not a need, so it goes undone.

All while you run on empty. All while you resist filling your cup. All while you feel like you're being dragged along.

The truth is that self-care IS essential. You must start showing up for yourself so you can better show up for them. And you can do it without a lot of time or money. You can do it in practical ways that you haven't even thought of yet.

In this manual we redefine self-care by exploring Happy Belly's 6 main categories. We then discuss practical ways you can add it in to your busy life through an easy 6 step way to jump start your day, simple affirmations, self-care daily challenge and my favorite 7 ingredient crockpot recipe!

Interested in 1-1 coaching to apply this to your life?
Connect with us at www.happybellycoaching.com

6 Categories of Self-Care



At Happy Belly we believe that self-care is a lot bigger than spa days and jet setting (although those sure are nice too!)

We believe there are 6 main categories of self-care:

Physical: Food, water, sleep, movement, rest

Emotional/Spiritual: How to feel our feelings, cope, manage stress

Psychological: How we think, learning new things, changing our self-talk

Social: Interpersonal relationships, connecting with others, asking for help, boundaries

Functional: How to best function day-to-day- time management, organization, budgeting, micro-anxieties

Seeking joy: How to find what's fun again, how to connect with our authentic self, how to live joyfully.

As you add in self-care consider all 6 categories even in daily activities you already incorporate into your day.

DAILY HABITS: THE 6 STEP WAY TO JUMPSTARTING YOUR DAY

H

HYDRATE

Drinking water first thing in the morning is a great way to jumpstart your water intake for the day, and may help with energy, hunger, and mental clarity. Keep water by your bed or near your coffee pot to remind you to drink as soon as you get up.

A

AFFIRM

We are the result of the stories we tell ourselves. Often times we hop out of bed with racing minds and start our day with a negative narrative. Make sure the first thoughts you tell yourself are kind and accurate. Take a look at the 20 affirmation ideas provided.

B

BREATHE

Taking a few moments to ground yourself in the present can help you feel more in control of your day. Take 30 seconds to breathe deeply in and out, paying attention to your breath. Include an affirmation if desired.

I

INVITE THE DAY

Often times we wake up dreading parts of the day- stressed about the morning meeting or the afternoon tantrums you know your kids will have. Instead of starting your day with reluctance attempt to focus on the positives of the day, and invite in new opportunities.

T

TIME BLOCK

Time blocking is a simple way to have more control over your day. Multi-tasking, overbooking, and a lack of schedule can all make you less efficient. Attempt to schedule your day in 30-60 minute time blocks where you focus on one task at a time.

S

STRETCH

We focus on workouts but don't focus enough on simple movement. Your body may be stiff from sleep the night before, or may enjoy the benefits of stretching. This also allows you to reconnect with your body at the start of the day, and feel accomplished with physical movement.

20 Affirmation Ideas

I am enough

I am worthy

My body is capable

There is enough time for everything that
matters

I am grounded and present

I am in control of my actions

I am confident in what I create

The universe is showing up for me in
amazing ways

Good things lie in store for me

I am open and excited

I am grateful for...

I am beautiful

I find joy in little things

I am calm and steady

I am bigger than...

I live fearlessly

I can do hard things

I'm a fucking badass

I make choices that help me take care of
myself

I show up for others in a loving way

Self-Care Daily Dare

Set daily goal to complete one act of
self-care from each category

Physical

Emotional

Psychological

Social

Functional

Seeking Joy

Cumin Spiced Slow Cooked Pork

Ingredients

- 2lbs of pork loin
- 1 tablespoon of coconut oil
- 1 yellow onion, sliced
- 2 cups of mushrooms, sliced
- Cumin
- Salt
- Pepper
- 1.5 cups of strained tomatoes
- 3 garlic cloves

Directions

- √In a large skillet, heat coconut oil over medium to medium high heat.
- Sprinkle the pork on all sides generously with salt, pepper and cumin powder and rub seasonings into the meat.
- Sear the cumin spiced pork in the hot coconut oil for about 3 minutes per side or until the pork is browned.
- Transfer the pork from the skillet to the slow cooker.
- Top with the sliced onions and mushrooms.

<https://sarahifragoso.com/cumin-spiced-slow-cooked-pork/>



Still need help getting started? Check out these suggestions from each category of self-care.

Remember, self-care doesn't have to be difficult, but it does have to be a priority. We must start filling our own cup if we want to keep filling up the cups of those we love. It's time to take care of you, mama! Not only because you deserve to look and feel your best, but because showing up as the best version of yourself teaches your kids that they get to show up as the best version of themselves too.

Loved all this information and want more? Don't forget to read our free blog, follow us on Instagram (@jessdurando) or reach out for a free 1:1 discovery call.

EASY SELF-CARE STARTERS

Physical

- Eat protein at each meal
- Hit 5-10k steps
- Get to bed 15 mins earlier
- Drink 8oz more of water

Emotional

- Listen to your favorite song
- Cry
- Breathe in slowly, hold, breathe out slowly

Social

- Text old friends
- Say and hear "I love you".
- Say "no"
- Ask for help
- Belly laugh with friends

Functional

- Time block your day
- Create a budget
- Schedule micro anxieties to get done

Psychological

- Compliment yourself
- Read a new book
- Try an adult coloring book
- Play a puzzle

Seeking Joy

- At home date night
- Plant your feet in the earth
- Take a day trip
- Practice gratitude