

# Combating Mommy Blues

# CHECKLIST

## Self Care

- GO FOR A WALK
- LIGHT A CANDLE & TAKE A BATH
- DO SOME STRETCHING & DEEP BREATHING
- DO AN OLD HOBBY
- TAKE A NAP
- EAT A FAVORITE MEAL
- READ A FUN BOOK

## With your spouse

- TELL THEM HOW YOU FEEL
- GO ON A DATE
- KISS FOR 10 MINUTES
- PLAN A DREAM VACATION
- DANCE TO "YOUR SONG"
- TAKE A SHOWER TOGETHER
- COOK A MEAL TOGETHER

## With your kid(s)

- HUG, KISS & SNUGGLE THEM
- WATCH THEM PLAY
- DO A CRAFT TOGETHER
- PRAY OVER YOUR CHILD
- HAVE A DANCE PARTY
- GO FOR A NATURE WALK/DRIVE
- READ A BOOK

## With your friends

- CALL YOUR BEST FRIEND
- TEXT AN OLD FRIEND
- HAVE A GIRLS NIGHT
- DO AN EXERCISE CLASS
- SCHEDULE A PLAY DATE
- BRING A FRIEND COFFEE
- PRAY FOR YOUR FRIENDS

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## With God

- PRAY THROUGH A PSALM
- LISTEN TO WORSHIP MUSIC
- WRITE YOUR OWN PSALM
- LISTEN TO A RECORDED SERMON
- WRITE OUT MEMORY VERSES
- GO ON A DATE WITH GOD
- TELL SOMEONE YOUR CONVERSION

## For Others

- BRING SOMEONE A MEAL
- DONATE CLOTHES/TOYS
- TELL SOMEONE ABOUT GOD
- PRAY FOR SOMEONE ELSE
- WRITE A CARD FOR SOMEONE
- HUG SOMEONE WHO NEEDS IT!
- BUY SOMEONE FLOWERS

## Write out:

- 5 ANSWERED PRAYERS
- 10 THINGS YOU'RE THANKFUL FOR
- YOUR CHILD'S BIRTH STORY
- HOW YOU FELL IN LOVE
- SOMETHING FUNNY ABOUT YOUR CHILD
- A FAVORITE MEMORY
- A DETAILED DESCRIPTION OF YOUR CHILD

## Other

- LISTEN TO A PODCAST
- COLOR OR PAINT
- BUY YOURSELF FLOWERS
- WATCH AN OLD MOVIE
- EAT ICE CREAM
- TURN OFF YOUR PHONE
- DECLUTTER A ROOM