



Nurture Journal

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Letting go and creating space

Before you start this journal, it's important to remind yourself just how amazing you are!

Trust in yourself, your decisions.

You are amazing mama don't forget it!

If you want , list some of the worries you might be having. writing them down can create head space and empty them from your head space. You can come back to them later on.



Baby Bear

massage and yoga

Nurture activity sheet

These sheets are designed to be printed out and completed each week to keep your positivity flowing and to practice self care .

Being me

This week I will nurture and love myself by

- 1.
- 2.
- 3.

If I am feeling overwhelmed and disconnected I will remember that I am

If things are feeling overwhelming , I will remember I am and this soon shall pass .

I am grateful for :

- 1.
- 2.
- 3.

Self care

Being a mum is wonderful but can be exhausting, giving so much of ourselves to our little people. Taking time for you is so important. Self care isn't selfish, it's a necessity, we can't pour from an empty cup.

Nourish

Sometimes I don't make time for myself, so I will do the following to look after myself ;

- 1.
- 2.
- 3.

When I think about and look at myself I will see the amazing light I am and say ;

Write down how far you have come to reach this moment now.

Changing things up

We can become stuck in a rut, following eating, lifestyle habits that don't make us feel great. Maybe staying up late for a bit of alone time, or not going out that day as it felt too much.

Life is not a pattern. we are the pattern

This week I will look at my behaviours, habits and practices,

I will stop doing

I will start doing

If I feel I am going back to my old behaviours I will

I will support myself on this journey by

I will celebrate these positive changes by

Love creates love

Showing love and giving love can be so rewarding ...

It's in the giving we receive

Three things I can do to show love to myself

- 1.
- 2.
- 3.

Three things I can do to show love to others

- 1
- 2.
- 3,

Three random acts of kindness I could do :

- 1
- 2.
- 3.

This love made me feel :



Baby Bear

massage and yoga

Friendship

Keeping up with our friends and family and juggling motherhood is challenging, but these friends can offer guidance, a listening ear, maybe a break from baby and hugs !

Playtime

I will nurture my friendships and relationships this month by

I will call, connect, messageto arrange a meet up or connect.

I would love to do .

1..... with

2.....with

3.....with

I will ,
Move my body every day
connect with nature every day
Reply to messages from my friends

Remembering the old me

Life with a newborn can be all consuming, the days can become a haze of nappies, feeding and sleep. In amongst our new found role, is still the person before we became a mother. It's really important to remember her and all the wonderful attributes and adventures she has !

Things you loved to do pre baby

Hobbies, past times, places you visited

- 1.
- 2.
- 3.
- 4.
- 5.

Things you want to do just for you again

- 1.
- 2.
- 3.
- 4.
- 5.

I will make some time to focus just on time for me, who I was before motherhood is an important part of me being a mum!

What to do if I'm feeling disconnected

Motherhood is a turbulent journey with lots of ups and downs, acknowledging these is really important.

Three things I can do that make me happy

- 1
- 2
- 3

Three things that help me when i'm overwhelmed

- 1
- 2
- 3

Three songs that make me feel great

- 1
- 2
- 3

Three podcasts that lift me up

- 1
- 2
- 3

Three things that are unique and amazing about me

Thinking about the future

Reflecting on how far you've come already and planning for the future can really help with our clarity and head space

Here are some of the amazing things I've done in the last 3 years

Here are some of the amazing things I have planned for the next few months

I am grateful for these things/ people who have helped me