

Title:

Take Care Mom!

Word Count:

509

Summary:

In the busy life of a mom, there is a definite shortage of time to go around, and most moms sk

Keywords:

moms, busy moms, time out, facial. reading, meditating, chocolate

Article Body:

In the busy life of a mom, there is a definite shortage of time to go around, and most moms sk

With all the dashing around, getting everyone to the correct events at the correct time, with

So how do you find 15 minutes? Well that can be a huge challenge of course, but remember that

So, taking care of yourself in 15 minutes, can it be done? Definitely, yes! Even 5 minutes is

reading a book or magazine with or without a coffee, tea, or even a glass of wine

soaking in an aromatic bath

listening to a cd or tape of your favourite music

having a facial at home

having a pedicure at home

exercising

going for a walk, with or without your family

sitting quietly and meditating

taking a nap - but remember to set an alarm if you need to get going after 15 minutes!

going to bed early for an extra 15 minutes quality sleep.

watching your favourite half hour show - if you tape it and fast forward through the a

indulging in a chocolate treat, bought or homemade - I like this one, because if your

Of course, you can indulge even more by combining some of the above, but make sure you don't f

If you take out a little time for yourself, then you will find that your health will improve,

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