

20 Quick Energy Boosts for Tired Moms

- ☐ Drink a full glass of cold water
- ☐ Step outside and get 5 minutes of sunlight
- ☐ Take 10 deep, slow belly breaths
- ☐ Stretch your arms and back for 1 minute
- ☐ Listen to your favorite upbeat song
- ☐ Eat a protein-packed snack (nuts, yogurt, cheese)
- ☐ Laugh out loud - watch a funny video or meme
- ☐ Walk around the block (or even around the house!)
- ☐ Sip on a peppermint tea or chew minty gum
- ☐ Open a window for a blast of fresh air
- ☐ Write down 3 things you're grateful for
- ☐ Dance it out with your kids or by yourself
- ☐ Splash cool water on your face
- ☐ Set a timer and power-nap for 10-15 minutes
- ☐ Declutter one small space (junk drawer, purse)
- ☐ Snack on fruit like an apple, banana, or berries
- ☐ Step barefoot onto grass or soft carpet for grounding
- ☐ Journal your worries for 5 minutes to clear your mind
- ☐ Repeat a positive affirmation: 'I am energized and strong'
- ☐ Smile intentionally - it tricks your brain into feeling good!