



Your Self Care Solution

Restorative Self Care Practices For Homemakers

By Cultivate Simple Delights

Your Self Care Solution



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- How To Build A Self Care Routine At Home?
- How To Create A Self Care Basket ?
- Holistic Solutions To Lessen Your Stress
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Give Yourself The Grace To Take Care Of Yourself Without Guilt

If you have found yourself tired and burnt out on life, the solution may be more *self care*. Self care is of the utmost importance when it comes to homemaking. Homemakers that take the time to practice a self care routine can experience more joy in their life. By doing restorative activities that bring you joy you allow yourself to feel purposeful and energized as a homemaker.

Give yourself permission to do activities that bring you joy and ignite your spark for life again with simple self care practices you can do daily to keep you feeling an abundance of wellness.



The Importance Of Self Care For Homemakers

Homemaking is a demanding role that can leave many women feeling isolated and depressed. When you are a homemaker it is easy to put everyone else's needs before your own creating the perfect setting for mom burn out.

Experiencing mom burnout is a horrible place to parent from because you constantly feel stressed and irritated like you're on a hamster wheel trapped with nobody around to rescue you.

When you're experiencing these emotions it is time to take a step back and simply slow down. Create space in your life for you again. You don't have to continue putting yourself on the back burner. As a matter of fact, now is the time to prioritize you.



How To Build A Self Care Routine At Home

Building a self care routine at home is easy once you have identified simple pleasures that bring you joy. Self care is not always about pampering yourself, but instead creating a daily routine that allows you to cultivate simple delights.

Consider creating three blocks in your day where you allow yourself the time to enjoy a coffee, listen to a podcast, do a morning stretch, or an evening yoga session.

The time to read a book or enjoy a wholesome dinner to restore your body. These are the moments you can create in your own life and you should. Get off the hamster wheel and create these simple moments to recharge your spirit daily.



How To Create A Self Care Basket

Having a self care basket filled with a few of your favorite treats is an easy way to have a touch of self care easily available to you.

By having an assortment of simple pleasures you enjoy at hand you can create more moments for self care throughout the day.

Fill your self care basket with simple items like a scented candle, essential oils, your favorite chocolate, special tea blends, a small gratitude journal, and products to pamper yourself like your favorite face wash or body scrubs and lotions.

Don't let a lack of time be your excuse, create your own self care basket filled with all your favorite items to enjoy daily.

Self Care Basket Ideas

Fill Your Own Self Care Basket With Simple Pleasures Like:

- Essential Oils
- Scented Candles
- A Compact Journal
- A Facial Roller
- A Sweet Chocolate Treat
- Something Cozy
- Lotion
- Your Favorite Book
- A Cozy Headband
- Crystals
- Coloring Book
- Your Favorite Piece of Jewelry
- Body Scrub
- Your Favorite Tea Blend
- A List of Affirmations
- Incense
- Soft Slippers
- Your Favorite Lipstick
- An Eye Mask



Holistic Solutions To Lessen Your Stress

Finding holistic solutions to lessen your stress is easy to do at home. To create more joy in your life look to building a lifestyle routine that incorporates holistic wellness ideas like enjoying wholesome meals, moving your body daily, staying hydrated, and practicing meditation to clear your mind from the noise of the world.

Learn to take the time to prioritize these simple solutions that will allow you to feel more energized and motivated in your daily routines.

These basic solutions can have a powerful impact on your life giving you the opportunity to lead a more joyful life filled with purpose.

Holistic Ideas For Less Stress

Practice A Holistic Self Care Routine With These Easy Ideas:

- Meditate
- Stay Hydrated
- Daily Exercise
- Homemade Wholesome Meals
- Take A Break From Social Media
- Find A Community
- Practice Being In Nature More
- Drink A Hot Tea For Cleansing
- Make A Nutritious Soup
- Rest
- Take A Long Bath
- Practice Breathing Techniques
- Do Yoga
- Eat More Vegetables
- Try Fasting
- Do Something That Scares You
- Dry Brushing
- Listen To Something Inspirational Each Day



The Foundation To Wellness

Living a holistic life is all about living with intention. Create more intention in your life simply by slowing down enough to create a vision for what you want your life to look like.

Prioritize your health by taking care of the basics so that you can feel your best.

When it comes to self care these simple solutions are the foundation for building a life you love.

This lifestyle will give you the restored energy you have been longing for to pursue a life your passionate about.

Learn to lead a life you love through a holistic approach to wellness.

The Foundation To Wellness

You Can Discover Wellness For Yourself Through Intentional Living With These Simple Tips:

- Learn To Prioritize You
- Be Intentional With Your Habits
- Pay Attention To What You Eat
- Be Intentional In Drinking Enough Water
- Learn To Identify Your Stress Triggers
- Practice Breathing Techniques Daily For A Calm Mind
- Practice Setting Boundaries
- Be Intentional On Getting Enough Sleep
- Let Go Of Guilt
- Release Yourself Of Fear
- Have A Spiritual Practice
- Live A Slow Life
- Let Go Of Expectations That Don't Resonate With You
- Fill Your Day With Simple Pleasures



Find Yourself As A Busy Homemaker

Losing yourself to motherhood is hard. It is a battle many women deal with when becoming a homemaker. The isolation from others and being at home a majority of the time makes it easy for moms to lose themselves.

When you feel like you have lost yourself to motherhood it is the perfect time to begin building who you want to be.

You don't have to give everything up in order to be a great homemaker you simply just need to prioritize yourself.

Envision what you want out of life? Create a list of interests and projects you would like to do. By taking the time to create a vision you can begin manifesting a life you love and find your purpose in life alongside of being a busy homemaker.

Find Yourself

Avoid Losing Yourself To Motherhood With These Simple Hobby Ideas For Homemakers:

- Practice Writing
- Do Photography
- Try Gardening
- Create Art
- Have Fun Crafting
- Get Started Cooking
- Try Videography
- Start A Business
- Go Hiking
- Do Homesteading
- Try Fitness
- Have A Spiritual Practice



Cultivate Simple Delights

Cultivate Simple Delights was created specifically for homemakers encouraging moms to find the balance between self care and homemaking.

For more inspiration on creating this balance in your life follow along as we discover simple solutions for creating a life you love.

Self care is not selfish it is a must for any busy homemaker and we want to give you practical ideas for creating your own daily self care routines that leave you feeling restored and energized to build the life you envision.