

## 9 Simple Strategies to Bring Greater Joy to Each and Every Day

### 1. Rise & Shine

When you first wake up (even if prematurely woken by a little), smile and say out loud “it’s going to be a great day today”

### 2. A Mindful Shower

Feel the water against your skin, smell the soap in your nostrils, listen to the sound of the water hitting the ground. It doesn’t need to take anymore time.

### 3. Morning Check-in on YOU

Use your morning tea / coffee as a trigger to check in on YOU – “how am I doing today? What is going on for me?” Do you need to be gentle with yourself today?

### 4. Drop-off Nature Therapy

You made it through the chaos. Congratulate yourself! Before you get on with the day, take a few moments to watch the clouds or drink in the blue sky, to examine the beauty of a flower, or hug a tree. Feel nature’s magic ground & soothe you.

### 5 Smile & the World Smiles with YOU

Smile at the other mum walking down the street, struggling at the check-out, traipsing round the park. Lift their day & feel that connection warm your soul.

### 6. Pick Up Hugs

However fraught the day, make those first few moments of reunion count. Smile. Hug it out. Feel that oxytocin warm your blood and lift you up.

### 7 Soften & Zoom

Big emotions? Take a deep breath and try the mantra “I soften into this moment”.  
What do you adore about them? Those eyelashes, that dimple....  
Zoom in on their perfection.

### 8. Kids Tea - Time Out for You

Can you take a few minutes before kids tea to yourself? A trip to the loo? A few moments at the sink? Connect with your breath – notice your chest rising and falling, the air passing through your lips or nose....Breathe in, breathe out....Re-set.

### 9. Sleep Well

Reflect on the best moments of the day. Can you name 3 magical moments? Let the rest go. Feel that gratitude glow as you drift to sleep.

