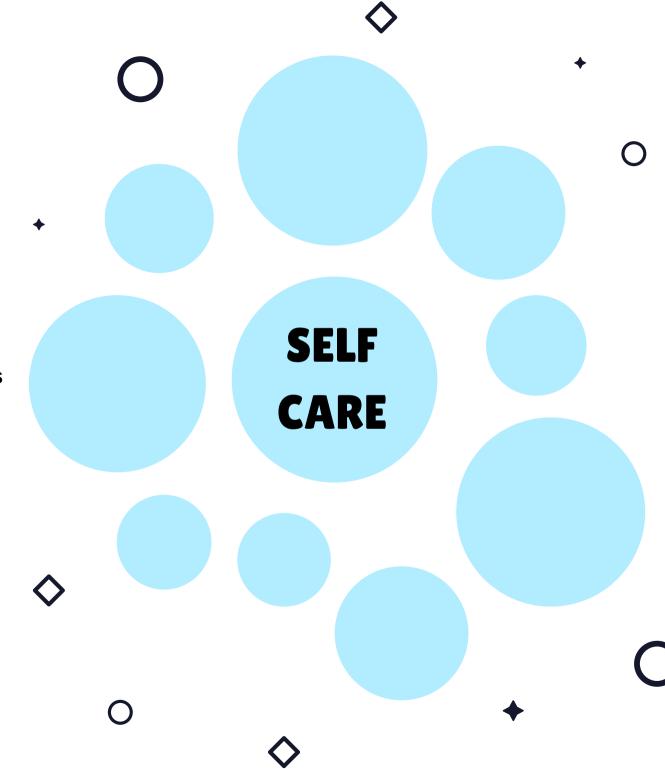
PARENTAL + WELLNESS

As a parent, it's important to spend time for yourself. The benefits of me time are abundant and help boost wellness in parents and their kids. Give yourself permission to plan alone time. Whether it's 2 minutes or 2 hours, enjoy your break and come back refreshed, ready to tackle new challenges and to dispense love and joy from a place of abundance.

Fill out the bubbles, sized to represent relative time commitment, with activities that bring you joy.



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Walk up and down the stree alone

Go to a fitness class

Read a book

Lunch with a friend

SELF CARE Write a couple lines in journal

Nails

Put on going out make up Massage

Call a friend

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Date Night

Go for a jog

ght Listen to a podcast

Beer with a friend

SELF CARE Buy new socks

Doodle

Sit in car for a few minutes before going into the house

Watch a movie

weights