



SELF-CARE FOR MOMS

A GUIDE FOR
RECOGNIZING THE
IMPORTANCE OF
FILLING YOUR
OWN CUP

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BOUDOIR

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01

WHY SELF-CARE IS CRUCIAL
FOR MOTHERS



self-care is crucial for mothers of young children to maintain their well-being and recharge.

Many of us are accustomed to putting everyone else first. However, you have to make sure you're filling your own cup before you can help others.

I know, I know - that's soooo much easier said than done. It feels like there's always so much to be done and so little time. As a mom of a young boy myself, I know that motherhood can leave you feeling burnt out, resentful, exhausted and defeated. Motherhood is a beautiful journey, but it can sometimes leave us feeling like we've lost a part of ourselves.

In essence, self-care is not just a luxury for mothers—it's a necessity. Prioritizing self-care enables mothers to be the best versions of themselves for their children and everyone around them. It's about recognizing that your well-being matters and investing in yourselves to ensure you can continue to provide loving care to your children.

Ahead are 12 significant benefits you can expect when prioritizing your self-care.

01 Physical and Mental Well-Being

The demands of caring for young children can be physically and mentally exhausting. Self-care activities help mothers recharge, reduce stress, and prevent burnout, ultimately promoting their overall health and well-being.

02 Emotional Resilience

Taking care of young children can be emotionally challenging. Engaging in self-care activities provides a necessary outlet for processing emotions, reducing feelings of frustration, and maintaining emotional resilience.



03 Role Modeling

Mothers are powerful role models for their children. Demonstrating the importance of self-care teaches children valuable life skills about the significance of taking care of oneself and setting boundaries.

04 Improved Parent-Child Relationships

When mothers prioritize self-care, they are more likely to be patient, present, and engaged with their children. This leads to more positive interactions and stronger parent-child relationships.

05 Increased Energy and Productivity

Engaging in self-care rejuvenates mothers, leading to increased energy levels and enhanced productivity in their daily tasks and responsibilities.

06 Enhanced Mental Clarity

Self-care activities like meditation, mindfulness, and exercise can improve mental clarity, helping mothers make better decisions and manage stress more effectively.



07 Reduced Guilt

Many mothers experience guilt when they take time for themselves, fearing they're neglecting their children.

However, practicing self-care can reduce this guilt, as it reinforces the understanding that mothers have their own needs and well-being to consider.

08 Prevention of Burnout

Caring for young children can be a 24/7 responsibility, and without proper self-care, mothers are at risk of burnout. Burnout can lead to physical and mental health issues that may negatively impact both the mother and her family.



09 Enhanced Emotional Regulation

Self-care activities can help mothers manage their emotions more effectively. When they have an outlet for stress and frustration, they are less likely to become overwhelmed and react negatively in challenging situations.

10 Personal Identity

Mothers often become deeply involved in their role as parents, which can lead to neglecting their personal identity. Engaging in self-care activities helps mothers maintain a sense of self, outside of their parenting role.



11 Positive Self-Esteem

Taking time for self-care reinforces the message that mothers value themselves and believe they deserve care and attention. This contributes to positive self-esteem and self-worth.

12 Long-Term Well-Being

Consistently practicing self-care not only benefits mothers in the short term but also contributes to their long-term well-being. It sets a foundation for healthy habits that can positively impact their lives as their children grow older.

S E C T I O N



02

IDEAS AND STRATEGIES
FOR SELF-CARE

01 Mindfulness and Meditation

Mindfulness and meditation help mothers focus on the present moment, reduce stress, and increase self-awareness. Examples: Spending 10-15 minutes each day in meditation, deep breathing exercises, or guided mindfulness sessions.

02 Exercise

Regular physical activity boosts mood, energy levels, and overall health. Examples: Going for a walk, doing yoga, participating in a dance class, or following home workout videos.



03 Reading

Reading for pleasure provides an escape from daily routines and stimulates the mind. Examples: Reading a novel, self-help book, or a magazine that interests you during nap times or before bed.

04 Socializing

Connecting with friends and other adults helps combat feelings of isolation and provides emotional support. Examples: Scheduling regular coffee dates, playdates, or joining online parenting communities.

05 Hobbies

Engaging in hobbies or creative pursuits allows mothers to express themselves and enjoy personal interests. Examples: Painting, crafting, gardening, playing a musical instrument, or cooking new recipes.

06 Mind-Engaging Activities

Engaging in intellectually stimulating activities can help mothers feel accomplished. Examples: Solving puzzles, playing strategy games, or learning a new skill online.

07 Time in Nature

Spending time outdoors enhances mood and reduces stress. Examples: Going for a hike, having a picnic, or simply sitting in a park to enjoy the fresh air.

08 Journaling

Writing down thoughts and emotions can be therapeutic and aid in self-reflection. Examples: Keeping a gratitude journal, jotting down personal insights, or recording memorable moments.

09 Music and Dancing

Listening to music and dancing can boost mood and provide an outlet for self-expression. Examples: Creating a playlist of favorite songs, dancing around the living room, or learning a new dance style.

10 Spa Time

Pampering oneself promotes relaxation and self-esteem. Examples: Taking a luxurious bath, giving yourself a manicure/pedicure, or applying a face mask.



11 Rest and Sleep

Prioritizing adequate rest and sleep is essential for physical and mental rejuvenation. Examples: Napping when the child naps, establishing a regular sleep schedule, and ensuring a comfortable sleep environment.



12 Setting Boundaries

Establishing boundaries helps avoid burnout and fosters a healthy work-life balance. Examples: Saying "no" when necessary, delegating tasks, and communicating needs to partners and family members.



13 Trying Things Outside of Your Comfort Zone

Sometimes the best thing you can do is make yourself try something that is outside of your comfort zone. It leads to personal growth, a sense of accomplishment and increased confidence. Examples: starting a dance class, attending a networking event or investing in a pampering boudoir portrait experience!



S E C T I O N



03

ABOUT ATLANTIC BOUDOIR

Atlantic BOUDOIR

Atlantic Boudoir is a luxury boudoir portrait experience owned and operated by Alisha Browne and located in Wilmington, NC.

At Atlantic Boudoir, we believe that every woman deserves to see herself in the way that those who love her do. We believe that we all have an innate value; a unique beauty and radiance that benefits the world when we share it with others. We know that our fellow sisters deserve to take time to care for themselves and be pampered, and that feeling beautiful is not vain, it's powerful. We know that the world is a better place when women recognize their value and that photography has the power to remind you of your strength and vibrancy.

Boudoir photography is about helping a woman feel beautiful and see her worth through intimate, fun, vulnerable photos. Atlantic Boudoir's comprehensive experience includes access to an extensive Client Wardrobe of lingerie and accessories, a full professional makeover with hair and makeup, a private boudoir session with expert posing and facial expression coaching, champagne, lunch, a massage and a ton of empowerment.



Let us Lift and Light You Up!



www.atlanticboudoir.com