Parenting Myself Right Now … Spring 2020

I care for myself with joy and ease. Today, I've been a good parent to myself by prioritizing:	**Mon.**	**Tues.**	**Wed.**	**Thu.**	**Fri.**	**Sat.**	**Sun.**	**This week?**
• All day: Drinking LOTS of water	_____	_____	_____	_____	____	____	_____	
• AM: Vegetable broth	_____	_____	_____	_____	____	____	_____	
• AM: Vitamins	_____	_____	_____	_____	____	____	_____	
• AM: Probiotics	_____	_____	_____	_____	____	____	_____	
• AM & PM: Herbs	_____	_____	_____	_____	____	____	_____	
• AM & PM: Castor oil	_____	_____	_____	_____	____	____	_____	
• PM: Traumeel on low back	_____	_____	_____	_____	____	____	_____	
• Through mid-May: Garlic	_____	_____	_____	_____	____	____	_____	
• Daily: Heating pad, hot water bottle	_____	_____	_____	_____	____	____	_____	
• Daily: Epsom salt bath	_____	_____	_____	_____	____	____	_____	
• Daily: Deep breathing, yoga, and/or foam-rolling	_____	_____	_____	_____	____	____	_____	
• As needed: TENS unit, cupping, Calm, oils, balms	_____	_____	_____	_____	____	____	_____	
• OTHER: _____ _____ _____	_____	_____	_____	_____	____	____	_____	