

30 DAYS of Self-Love



It is important to take care of yourself after pregnancy or infant loss. Self-care can look different for everyone, but we have listed a few activities that can help you cope and process your feelings and emotions. You can complete these activities in any order but try to complete at least one item of self-care each day.

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| Take a 30 minute walk | Read a book for 15 minutes | Listen to your favorite song | Paint your nails | Take a hot bath |
| Watch your favorite movie | Dance! | Eat your favorite meal | Let yourself laugh | Meditate or practice deep breathing |
| Learn a new skill or hobby | Get a pedicure | Say your baby's name out loud | Light a scented candle | Catch up with friends or family |
| Indulge in your favorite treat | Journal for 30 minutes | Sleep in or take a nap | Put on a face mask | Draw or create something |
| Try 30 minutes of yoga | Declutter your house | Perform a random act of kindness in your baby's honor | Connect with nature | Cross something off your bucket list |
| Bake Something | Watch the sunset | Tell someone about your baby | Get dressed and go somewhere | Put fresh sheets on your bed |

