



Episode 7: Jumpstart your routine in 2017 - Self Care  
Shownotes: [www.crunchysupermom.com/007](http://www.crunchysupermom.com/007)

Hey SuperMoms! We think this is the perfect week in 2017 to talk about starting the year fresh without making a resolution. In this episode we are talking about some incredibly simple yet restorative self-care practices that every SuperMom should know about.

Be sure to subscribe in iTunes, Google Play or Stitcher Radio so you never miss an episode or our 2-Minute Tear Apart where we closely examine something we have come across in our lives to determine if it fits our goal of living a healthy life. At the end of the 2 Minutes we should know whether that item or practice gets the SuperMom seal of approval or whether SuperMoms everywhere should be shaking their heads in disappointment. Our Tear Apart this week focused on an item with the Whole30 seal of approval. We were absolutely shocked to find out what it contained!

#### SELF CARE FOR THE BUSY MOM IS IMPORTANT!

As SuperMoms, we all too often put ourselves and our needs last. While this is often necessary, doing it too often leads to overwhelm and sometimes even resentment. We are constantly meeting the needs, ALL the needs, of everyone around us and sometimes we forget about ourselves and that we actually have needs too! It is important to identify what “fills your cup” and not feel guilty about doing these things. In the long run, taking time for yourself will allow you to feel better, be more calm and feel rejuvenated, and be more present and happy with your family. It might be that you need to be alone for even a few minutes a day, or that you actually take the time to do some of the self-improvement things you probably have on your list that you keep wanting to start, but just don’t seem to find the time to fit in.

We want to share what helps us get through our days, “fills our cups”, and makes feel accomplished before we talk about specific ideas with links to check out that you can try for yourself.

#### SARAH’S LIST

- Having a morning routine which consists of using a FitBit to wake up before the kids (no loud buzzing to wake anyone up!) and having coffee and completing a Bible study in the quiet. During this time, while waiting or the kettle to boil for coffee, I will move the laundry process forward for the day and unload the dishwasher. After coffee and quiet time, I will check the calendar for the day’s plan.
- The nightly routine that I look forward to most, but has not been happening lately, is simply a cup of tea and an Epsom Salt foot soak.



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MANDY'S LIST

- Having a morning routine is incredibly important to me because I look forward to it. It is a time where I can talk to my husband about what we have to do for the day or just life in general. We get up early so can do our morning routine together. It doesn't always happen, but I try for it daily. This routine consists of a cup of coffee, stretching, working out, meditating, and getting breakfast started.
- My nightly routine sort of begins with a shower; however, that usually happens before all of my work for the day is done. For me, the daily shower is important. I don't know if it is simply conditioning because I have always showered daily (living in a hot climate makes this especially important to me as I sweat a LOT), but I just feel so much better taking that time for myself every day. During that time, I will also take a bit of extra time just to be alone for at least 5 minutes before or after the shower. I will make sure that I apply my magnesium oil and body butter after each shower so I check off those boxes that I want to do daily and that feels great too! I also do a certain stretch at this time. So, even if I only have 15 minutes to get a shower and do all of that, I still try to get it in every day. I am consistently amazed at how some time alone in the quiet, even just a few minutes, can make me feel more composed and patient.
- My "before bed" nightly routine includes a cup of herbal tea and looking at my calendar for the next day. It is simple and yet I sometimes start looking forward to that cup of tea around 3 in the afternoon!

*What is your current self care routine? Is it enough to "fill your cup" for the morning or evening?*

\*\*\*If a daily shower is not part of your routine, Sarah is trying out and will review a company called Mother Dirt. <http://motherdirt.com/the-national-microbiome-initiative>. The research helped Sarah feel really good about giving up my daily shower in favor of not leaving the kids to do wild things like give each other a hair cut. Basically, Sarah supports her microbiome by NOT showering daily! The microbiome is complex. It is an ecosystem of organisms living together and thriving together. There is a biome, a microbiome in our gut and even on our skin! This is a good type of growth that takes place to keep us healthy and actually stink free!

We challenge you to think about what would make you feel accomplished and well cared for. It will be different for everyone and if you have young children these things might have to be very short! But, even short spurts of time doing some self care routines will feel great.



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HERE ARE SOME IDEAS THAT WE LOVE JUST TO GET YOU THINKING ABOUT  
WHAT WOULD FILL YOUR CUP FOR THE DAY.

- Oil pull --We love using coconut oil and even [ozonated coconut oil](#) (we are not affiliates, just big fans!)
- Apply magnesium lotion after a bath or at bedtime --  
Our favorite brand is Ancient Minerals  
<http://www.ancient-minerals.com/products> (we are not affiliates, just big fans!)  
You can read more about why to use magnesium topically here:  
<http://www.crunchysupermom.com/how-to-increase-your-magnesium-the-easy-way/>  
and Here: <http://www.crunchysupermom.com/diy-magnesium-oil-vs-pre-made/>
- We love using a body butter afterwards to combat any itching the magnesium might cause. (check out our foolproof recipe here: <http://www.crunchysupermom.com/body-butter-recipe>)
- Complete 2-3 specific stretches every day--We are both huge fans of Katy Bowman from Nutritious Movement. We have her DVDs, books, and even some online courses. What is great is that she has some “alignment snacks” that are short and perfect for busy moms. She has tons of other great stuff too, but these are perfect if you are short on time (<https://nutritiousmovement.com/product-category/dvds/>). (we are not affiliates, just big fans!)
- Get active-- walk 30-60 minutes briskly, attend a workout class or some other form of activity that you love that gets your heart rate up.
- Do weight bearing activities--like lift weights or hike with a heavy backpack or child on your back.
- Add a new or increase a superfood to your diet--Mandy’s is currently more turmeric mixed with black pepper for better absorption. Add real food supplements to your routine that are essential--such as, FCLO/BO, fermented foods, spirulina, etc. Try our “Cocoa-meric” and add some black pepper!  
<http://www.crunchysupermom.com/eat-turmeric-every-meal/>
- Create a morning and evening routine that you look forward to because it fills your cup with patience, gratitude and joy.



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- Make herbal infusions and drink them daily -- If you had to choose just one infusion for the whole family, I would say it has to be nettles. It is hard to top that one for overall health. We add some red raspberry to our nettles not only for health, but also because they taste so great and make the whole infusion taste more like a tea.

*We challenge you to write out what would make you feel accomplished and well cared for.*

Did you make a list of self care ideas that would make you feel great? If so, remember you don't need to implement them all at once, but we strongly encourage you to find three that speak to you and get them solidified into your routine. Start with one every day until it becomes a habit. Then add the next...and the next!

We invite you to join us in our private community of SuperMoms to continue this conversation. If you've found this episode helpful, we would love to hear about it. Ask us a question or leave us a comment in iTunes so other SuperMoms like you can find us! Tune in next week when we talk about food and finances and why they go together.

Join our community of SuperMoms here!

<https://www.facebook.com/groups/crunchysupermoms>

OTHER LINKS MENTIONED IN THE EPISODE

Dry Farm Wines <https://www.dryfarmwines.com/>

Mother Dirt <https://shop.motherdirt.com/shop/>

Wilderness Family Naturals <https://wildernessfamilynaturals.com/>

(We strive to disclose all affiliations. None of the product links in contain within this Power Plan are affiliates)