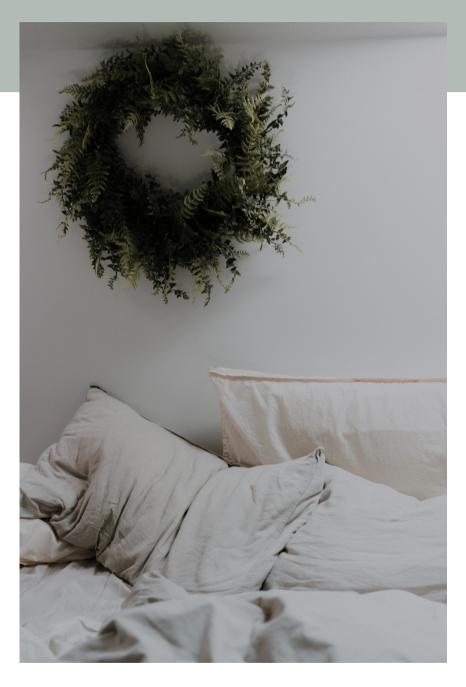
Restore Activity Series

Get Some Rest



Work It In, Any Way You Can

What Every Mama Needs



Sleep is probably one of the first things on your mind but one of the last things you're able to get right now. Every new mom knows what that feels like. Getting sleep is really important though, so try your best to get rest when you can!



Lack of sleep can negatively impact your:

- Energy (obviously) as a new mom, you need all of the energy you can get.
- Relationships it's easier to be moody or short with the people in your life and after time it can take a toll on those relationships.
- Appetite you're more likely to eat foods that are less nutritious and eat more frequently.
- Immune system the last thing you need is to get sick while trying to care for your little one.
- Problem solving it's harder to concentrate and figure things out
- Creativity finding motivation and inspiration will be difficult to achieve

When Can You Fit It In?



Think about your day. Reflect on the times that your baby naps. Are they a good napper or do they struggle with sleep? Who can you accept help from so that you can rest more? What tasks can wait until another time? Have you asked your significant other to let you rest? Use the space below to write down ways you can get more rest throughout the day.