



# Less Drama More Mama

*Skills for Calm and Connected Parenting*

## When you have under an hour:

- Sip a cup of tea or coffee and eat a light meal without any distractions
- Do some stretching exercises
- Inhale and exhale 3-5 times slowly and deeply
- Turn off all electronics and just sit in silence
- Meditate
- Put on some music and dance (no one's watching!)
- Write a hand-written letter to someone you miss
- Walk outside and breathe the fresh air
- Draw a picture
- Call an old friend
- Take photos
- Pick flowers or veggies from your garden
- Arrange some store-bought flowers and put them where you'll see them often
- Do a Sudoku or crossword puzzle

## When you have 1-2 hours:

- Go for a hike/walk/bike ride while listening to your favorite music
- Take a bubble bath
- Read your favorite novel or magazine
- Listen to a guided relaxation on your headphones
- Go to a yoga class or fitness class
- Pedicure/manicure
- Get a facial
- Get a massage
- Play/practice a musical instrument or sing
- Listen to an audio book
- Garden
- Go swimming
- Take a nap
- Knit, crochet, needlepoint
- Go to a farmer's market and sample some fresh foods
- Take yourself out to a nice meal at a new or favorite restaurant

## When you have 2-5 hours:

- Go to a movie
- Go to a museum
- Take a class about something that interests you
- Create something pretty (pottery, painting, scrapbook pages, woodworking, jewelry, home décor, etc.)
- Create something tasty (bake or cook a new recipe)