

30-DAY MENTAL HEALTH CHALLENGE

Feel Happier and Healthier in Just One Month



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WELCOME

Whether you have read the whole book or jumped straight to the 30-day mental health challenge, it is time to put everything into practice. In the following pages, you will find the 30-day exercise plan, which consists of various daily activities, tips, motivations, readings, daily journals, and a mood tracker. I recommend you print out the 30-day challenge and use pen and paper to complete daily tasks.

At the end of it, you will write your personal wellness plan to successfully incorporate new healthy habits into your daily routine in the long term. This will help to continue practising mindfulness to make permanent positive changes to your life. Let's begin!



YOU
CAN!

The text 'YOU CAN!' is rendered in large, bold, uppercase letters. The 'Y' is dark red with a white scale-like pattern. The 'O' is orange with a dark red center. The 'U' is light orange with a white zigzag pattern. The 'C' is orange with a white outline. The 'A' is light orange with a dark red triangle in the center. The 'N' is dark red with a white outline. The exclamation point is dark red with a white starburst at its base.

WHAT TO EXPECT

What should you expect in the next 30 days? Here are the key highlights:

daily journal

mood tracker

colouring exercises

beat mum's guilt

positive affirmations

30 exercises

fixing thinking errors

motivational quotes

daily readings on
wellbeing

mental health tree

meditations

me time essentials

positive thinking

life inspirations

gratitude list

nutrition

feeling wheel

healthy habits

relationship with
partner

wellness rituals

wellness plan

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.



If someone ask you what you do, answer "Whatever it takes"!

DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - I SHOULD VERSUS I MUST MENTALITY

In this reading, you will be introduced to the "I should vs I must" mentality. When you set yourself a task, it is best to approach it with a "I should" rather than "I must" mentality. When you say to yourself, "I should do something", you leave room for trial and error because things are not perfect in life. However, if you approach a task with a "I must" mentality, you leave no room for failure, which will cause you stress and disappointment if you haven't accomplished it 100%. For example, I should keep my baby healthy. But babies do get colds, infections and flu from time to time, and there is no way to avoid it. Another example, I should change my baby's nappy regularly so that they don't get a nappy rash. In practice, nappy rash is so common, and it is impossible to avoid it altogether. Therefore, approaching a task with a "I should" mentality will protect you from feeling disappointed if things don't go your way.

DAILY EXERCISE - COLOURING

Colouring induces a meditative state and promotes relaxation. Complete the colouring exercise below using your imagination.



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

A year from now, you will be thankful you did this today!



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - THE POWER OF HABIT

In today's reading, we will recap on the power of habit. Your daily routine consists of small habits you do every day. These habits are automatic; hence you don't need to remember to do them. Drinking coffee in the morning is a habit. Humans are not born with habits, but they are acquired during a lifetime. Habits can be learned, as well as unlearned. Quitting smoking is an example of an unlearned habit. Habits change as our lifestyle changes. We can control which habits we want to learn or unlearn.

Think of things you do automatically every day and acknowledge that these are your habits. Next, try to remember how and when these habits started. When did they become automatic? Think about what habits you want to acquire as a result of completing this challenge and which habits you want to unlearn.

DAILY EXERCISE - POSITIVE AFFIRMATIONS

In today's task, you are invited to organise your phone apps into positive affirmations using the examples below. This is an effective technique used by world-known CEOs of large companies. The purpose of doing it is to be exposed to positive affirmations about yourself regularly. As discussed in the chapter on positive affirmations (if you read a book), you may not believe it at first, but if you read it every day whilst using your phone, your brain will inevitably start believing it.



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

Your future is created by what you do today!



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - THINKING ERRORS

There are nine types of thinking errors which have been discussed in Stress-Less Mama book, such as jumping to negative conclusions (when there is little evidence to support it), fortune telling (negatively predicting your future based on feelings rather than facts), catastrophising (exaggerating the impact of events), all-or-nothing thinking (seeing things in black and white), mind reading (believing that you know what others think about you), personalising (blaming yourself for anything), filtering (only looking at the bad, never the good), over generalisation (expecting that because something has gone wrong in the past, it will always do so) and labelling (undervaluing yourself). In today's exercise, you will be given a tool to record your thoughts to identify common thinking errors. When you know your thinking errors, you can control them by saying: "I am aware that this is my thinking error. I am learning to eliminate it from my thinking over time".

DAILY EXERCISE - JOURNAL OF THOUGHTS

Use the table below to start a journal of thoughts. When you find yourself in a stressful situation, fill up a table to describe what happened and whether there was a thinking error which caused you to feel stressed or anxious. Consider what would be your alternative response after you acknowledged a thinking error. Keeping a regular record of your thoughts will help you identify your common thinking errors over time. Awareness of your thinking errors will help you eventually eliminate them.

Situation	Thought	Thinking Error	Your Response	Alternative Response
<i>Describe the situation in detail</i>	<i>What did you think in that moment that caused you stress/anxiety /discomfort?</i>	<i>Can you identify if you had a thinking error?</i>	<i>What was your response to an event?</i>	<i>What would be an alternative response if you were to eliminate a thinking error?</i>

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

Not all storms come to disrupt your life, some come to clear your path.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - THINKING ERRORS

It is common to make "thinking errors" when you experience negative emotions. For example, your child got a cold, and you feel upset about it – which is a normal and healthy reaction. However, you often start thinking: "I am a terrible mother; I should look after my child better next time". This is an example of unhealthy negative thinking or a "thinking error". By thinking that "you are a terrible mother", you are drawing a conclusion entirely irrelevant to the situation. These negative thoughts add no value to the current situation but will have a long-term impact on your mental and physical health. "Mum's guilt" is a common consequence of thinking errors. In today's exercise, we will attempt to eliminate your "mum's guilt" once and forever. Let's begin!

DAILY EXERCISE - BEATING MUM'S GUILT

Imagine a scale from 1 to 10, where 1 is the worst possible mother and 10 is the best one. Using a template on the next page, describe each mother individually from 1-10. What a mother ranked "1" is like - is it the type of mother who abandons her child, for example? What a mother ranked "10" is like - is it the mother who manages to have both kids and a career? Use your personal values and beliefs to describe each mother from 1 to 10. Next, rate yourself as a mother; what number are you based on your written descriptions? Do not proceed to the next paragraph until you complete the exercise.

Once you have completed the exercise, let's look at the results. According to our recent polls, most women rate themselves in the range of 5-10. If you ranked yourself in this range, you are at least average or above. From now on, remember the number you assigned to yourself and remind it to yourself every time you experience mum's guilt.

For example, you rated yourself as "7". A mother who is 7 is already better than average! A great mum cannot forget to change a nappy? Yes, she can. A child of a great mum never gets colds? Yes, they do. Remind this to yourself and tell yourself: "I am a great mama; I am 7! The fact that I forgot to change a nappy or I went out with my girlfriends does not make me a bad mum".

	Description
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.



Count your blessings today, not your problems.

DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY EXERCISE - COLOURING

Did you enjoy our colouring exercise? Let's do another one today to unwind after a long day.



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

The secret of your future is hidden in your daily routine.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - MEDITATION

The mental health benefits of meditation include better focus and concentration, improved self-awareness and self-esteem, and lower levels of stress and anxiety.

Meditating regularly for 8 weeks for 13 minutes a day is enough to benefit from your practice. According to the poll, meditation has been voted one of the most effective ways to improve mental health by new mothers.

There are various apps to choose from if you decide to meditate regularly. Here are our recommendations: Meditation | Down Dog (£9.99 per month), Headspace (£9.99 per month), and Buddhify (free).

DAILY EXERCISE - MEDITATION

We invite you to give a try to a guided meditation practice today.

- Set up a timer for 13 min on your phone. Lie down on a hard surface, such as the floor or the bed.
- Focus your attention on the sensation of your breathing.
- You will find that your mind will wander. If you pay careful attention to the present moment, you will notice that thoughts tend to emerge spontaneously. You may have thought about the future, the past, or the present. Your thoughts may seem to arise from ideas, sounds or images. Likewise, your attention may be drawn to bodily sensations or emotional states.
- When a thought arises, try to observe it with curiosity and acceptance. Note its presence and its nature. If you focus your attention on it, you may find that it soon fades away. Then gently bring your attention back to the breath.
- Sometimes, thoughts will grab your attention and pull you in. This is okay! If you notice this has happened, simply note this with acceptance, and bring your attention back to the breath.
- Continue with this practice until the time is up.

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

You didn't come this far to only make it this far.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - ME TIME

It is essential to take out dedicated "me time" for mothers because your child is happy when you are rested and relaxed. However, many mothers feel guilty if they take "me time" away from their children.

Carving out "me time" helps illustrate to the children that we are separate people: we love each other, are attached to each other, and are independent. When parents have "me time", they are refreshed, gain perspective, get new ideas, and feel stronger and more energised.

DAILY EXERCISE - ME TIME

In today's exercise, we invite you to carve out some "me time" during the day. Use the form below to create the 4 "me time" activities you will accomplish today. They can be as simple as having a hot coffee, a bath, or a simple skincare routine. Are you up for a challenge?

Activity 1

Activity 2

Activity 3

Activity 4

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.



Don't worry about calming the storm. Calm yourself, the storm will pass.

DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY EXERCISE - MENTAL HEALTH TREE

In today's exercise, we invite you to draw a mental health tree. When you look at a large tree, what do you see? Strength? Beauty? History? Peace? You may not realise it, but all these qualities exist within you and can be discovered through the following activity. On the next page, you will find an example of mental health tree you could have. You can use a tree form on the following page to create your mental health tree.

The roots

Just as a gigantic tree needs strong roots to support its weight and hold it up through storms, our family and friends can provide a foundation of support to help us through good and bad times. Ask yourself, who are the most important people in your life? Write some of their names around the tree roots on your sheet and something you appreciate about them.

The trunk

The following supportive part of a strong tree is the trunk, holding up the branches and leaves. For our tree, try asking yourself; what are your most essential or happiest memories? These could include holidays, achievements, journeys or just a place that makes you feel safe and relaxed.

The branches

Just as a tree's branches spread out in multiple directions reaching upwards, we too may try taking our lives in new directions, trying new things and learning new skills. What activities and hobbies typically make you feel relaxed, happy or a sense of accomplishment?

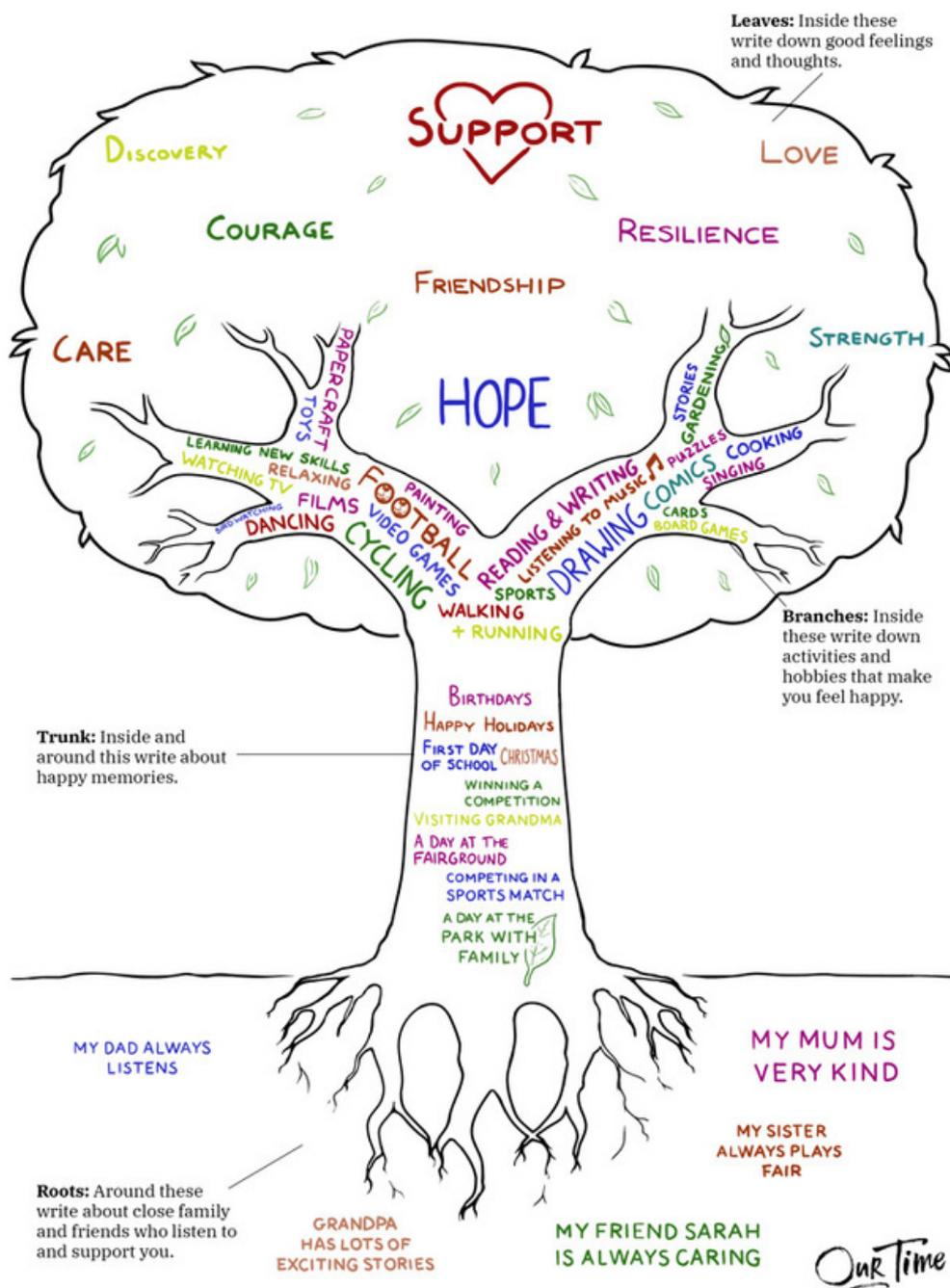
The leaves

The leaves of a tree growing out from its branches, absorbing sunlight through photosynthesis and sustaining it. As this is the case for the tree, ask yourself; how do your family, friends, good memories and enjoyable activities support your mental health and make you feel better?

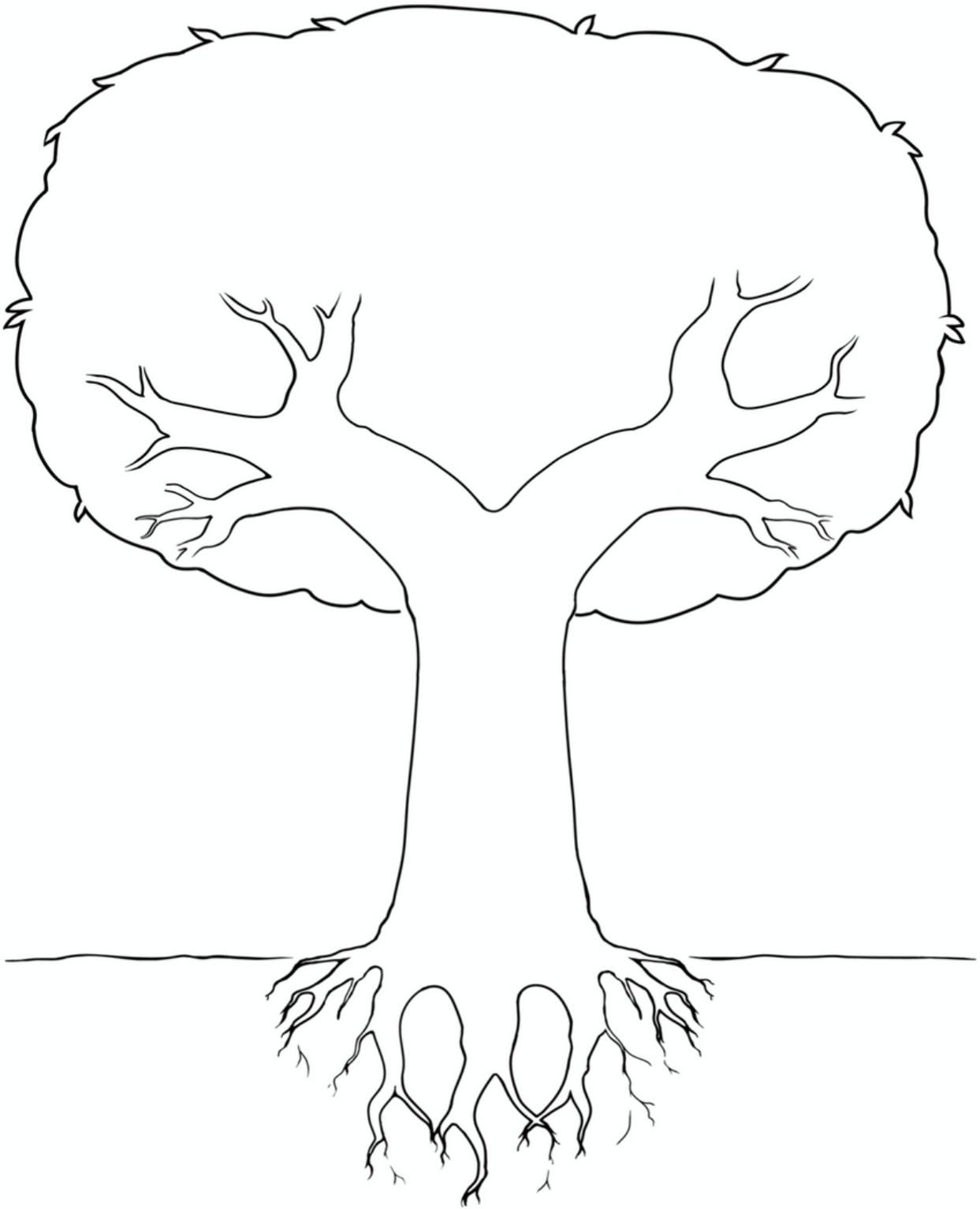
Finishing your tree

Finished? Well done. Once most of your tree has been completed, try looking at it as a whole. This represents the good things in your life that support you and make you happy. Just like a real tree, it is strong, resilient, beautiful and can be a reminder that even when things are tough, we have family, friends, happy memories, fun activities and good feelings to fall back on.

EXAMPLE OF MENTAL HEALTH TREE



CREATE YOUR OWN MENTAL HEALTH TREE



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.



If it was easy, everyone would do it!

DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - NEGATIVE THINKING

Do you often have negative thoughts about yourself or the events that happen around you? Do you frequently criticise yourself, for example:

- "I am not a good mother",
- "I don't like how my body looks after giving birth",
- "I am not capable of changing my life",
- "I hate myself for not enjoying motherhood".

The reason you think this way is a few folds. Partially, your brain chemistry dictates your thinking. If there is a lack of “happy” hormones or “excess” of stress hormones (as discussed in the book), you are more likely to have negative thoughts. Another reason is simply a habit. Your brain got used to thinking negatively by you thinking negatively. It could have been an event or series of events in the past that caused negative emotions for an extended period. Hence, over time your brain gets accustomed to negative thinking patterns. The good news is that negative thinking is a habit which can be reversed.

DAILY EXERCISE - POSITIVE AFFIRMATIONS

In today's exercise, we invite you to write positive affirmations about yourself. Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. You can start making positive changes when you repeat them regularly and believe in them. You may feel sceptical at first; however, if you repeat them daily, you will begin to genuinely believe in them over time.

Positive affirmations are individual for every person. You are invited to create your own affirmations by getting inspiration from the examples on the next page. We recommend that you write affirmations about the areas of life you want to change or concentrate on.

Start by creating positive statements covering different aspects of your life, such as health, body, well-being, and motherhood. You can use a template in the following pages to write your affirmations.

EXAMPLES OF POSITIVE AFFIRMATIONS

I carefully listen to my body and take care of it every day.

I am in control of my thoughts and emotions, both positive and negative.

I am powerful and capable of removing bad habits from my life.

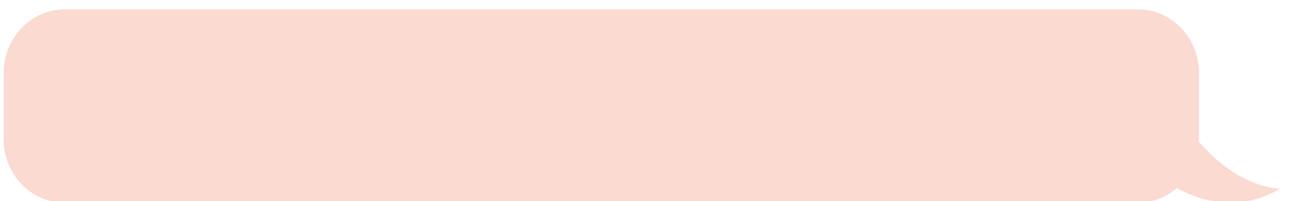
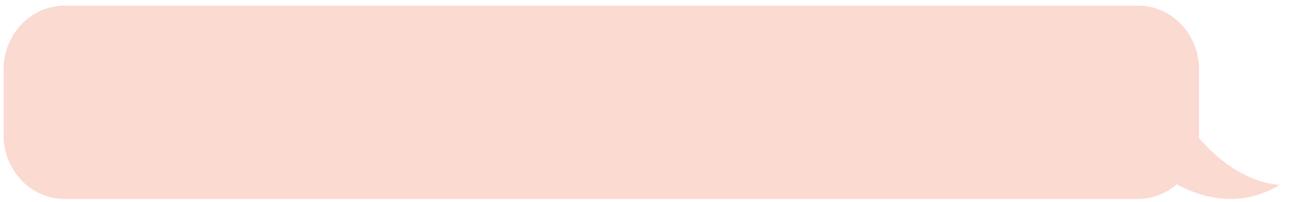
I exercise regularly to look after my body and my mind.

I eat healthy food to fuel my energy.

I am a successful woman who takes time to develop her business and focus on her aspirations.

I have the willpower to achieve my goals in all areas of my life, including family, success, health and mindfulness.

CREATE YOUR OWN POSITIVE AFFIRMATIONS



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

It always seems impossible until it's done.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - POSITIVE THINKING

Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a significant impact on your physical and mental health. That doesn't mean you ignore reality or make light of problems. It simply means you approach the good and the bad in life with the expectation that things will go well.

Before you put positive thinking into practice, look for any "thinking errors" running through your mind which have been discussed in previous sections. When you notice a negative thought, try to stop it and shift your focus to the positive.

Your negative thoughts won't go away overnight. But with practice, you can train yourself to have a more positive outlook. Remember, you are not overlooking the facts. You just include those that are good. Once you handle negative thinking, it is time to play up the positive.

DAILY EXERCISE - PRAISE YOURSELF

Today you will be introduced to a new exercise to help reinforce positive thinking. The practice comprises spending 2-3 minutes daily praising yourself for what you have done today. It doesn't have to be a significant accomplishment but can be simple everyday things. The practice starts with saying: "I am proud of myself today because...". Then you say the things you have done, for example:

- I have done laundry
- I made a delicious breakfast
- I made a nutritious meal for my child
- I went for a walk
- I cleaned the house
- I went to a grocery store
- I had a shower and took care of myself

At first, you may feel that these are simple things you do every day, and there is nothing special about them. You may also not truly believe in what you are saying. However, continuous repetition will improve your self-image and self-confidence over time. Moreover, it will reinforce your brain to think more positively in everyday situations. As people say, fake it before you make it. If you want to become more confident, self-loving and happy, pretend to be one first!

And if you do, you are guaranteed to see the results. You will become a confident, self-loving and happy mum. It is possible that some of you often think negatively about yourself or experience negative thoughts, given that you decided to read this book and went this far. Performing the self-praise exercise daily for an extended period will introduce positive thinking and self-love into your daily life. At first, the episodes of positive thinking will be short, but the more you practice it, the more positive thoughts you will have. Over time, you will think positively naturally and without a conscious effort.

Like with any exercise in this book, consistency is the critical success factor. Do you remember the chapter about the power of habit? If you want to make a positive and impactful change in your life, you should adopt the new practices to your daily routine and practise them regularly for an extended period. Try to incorporate this exercise into your bedtime routine and repeat it daily. It is a simple exercise which only takes 2-3 minutes to complete. You can also set a daily reminder so you don't forget to do it.



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

Small changes can make a HUGE difference!



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - POSITIVE THINKING

Today we will continue practising positive thinking techniques. On the next page, you will find examples of negative thoughts, some of which you can probably recognise in your thinking. You will be invited to transform negative thoughts into positive thoughts in today's exercise.

At first, you may feel sceptical about this exercise. However, positive thinking will become a habit if you consistently reinforce positive thoughts through a conscious effort. Over time, positive thinking will be automatic and effortless.

Next time when you have a negative thought, simply stop it. Then say what you wanted to say but in a positive way. If you have already processed a negative thought, add "but" and counteract it with a positive thought.

Let's look at the examples of negative thoughts and how we can replace or counteract them.



I failed again on my healthy eating commitment by having a greasy takeaway.



I am a work in progress; I do my best to take care of my body.



My child got cold; I am a terrible mother and should take better care of them.



My child got cold because they are building an immune system, and I do my best to support them through it.



I don't like my body after pregnancy.



I appreciate my body for what it's been through and give it time to recover.

DAILY EXERCISE - POSITIVE THINKING

After learning about transforming negative thoughts into positive ones, it is time to practice. Below are examples of negative thoughts you need to replace with positive ones. Use examples on the previous page if you need additional support. Let's go!



I am a terrible mother because I often feel overwhelmed by motherhood.



I feel awful about my postpartum body.



I lag behind in everything I am trying to accomplish in a day.



I have no willpower as I eat unhealthy food.



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

The future depends on what you do today.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY EXERCISE - ME TIME

As previously discussed, "me time" is an essential component of mental health for new mothers. In today's mini-challenge, you are invited to pick 3 activities from the list below and use them to have some well-deserved me time. You can choose any 3 activities that you like the most!

Bake something

Go for a walk outside

Short yoga session

Meditation

Have a bath

Colouring exercise
(on next page)

Self-praise exercise
(day 10)

Drink 6 glasses of water

Have a HOT coffee

Turn on your favourite
play list on Spotify

Have a shower

Take daily vitamins

Eat dark chocolate

Brush your hair

Complete a skincare
routine

Repeat your positive
affirmations

Do a face mask

Exercise



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

Difficult roads often lead to beautiful destinations!



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - EMOTIONAL INTELLIGENCE

Identifying one's emotions and those of others is a skill related to emotional intelligence. People differ in the extent to which they can identify the degree of specificity of their experiences. People high in differentiation can communicate more detailed emotional experiences on different occasions and use different adjectives to represent different kinds of experiences.

They can better distinguish the intensity of emotions and use a greater emotion vocabulary. In contrast, people low in differentiation use only a few general emotional states and often struggle to communicate their feelings in specific terms. This exercise aims to train new mothers to be more detailed in describing their feelings. The practice can help you learn to identify or recognise emotions more accurately and communicate them more clearly, for example, to your partner.

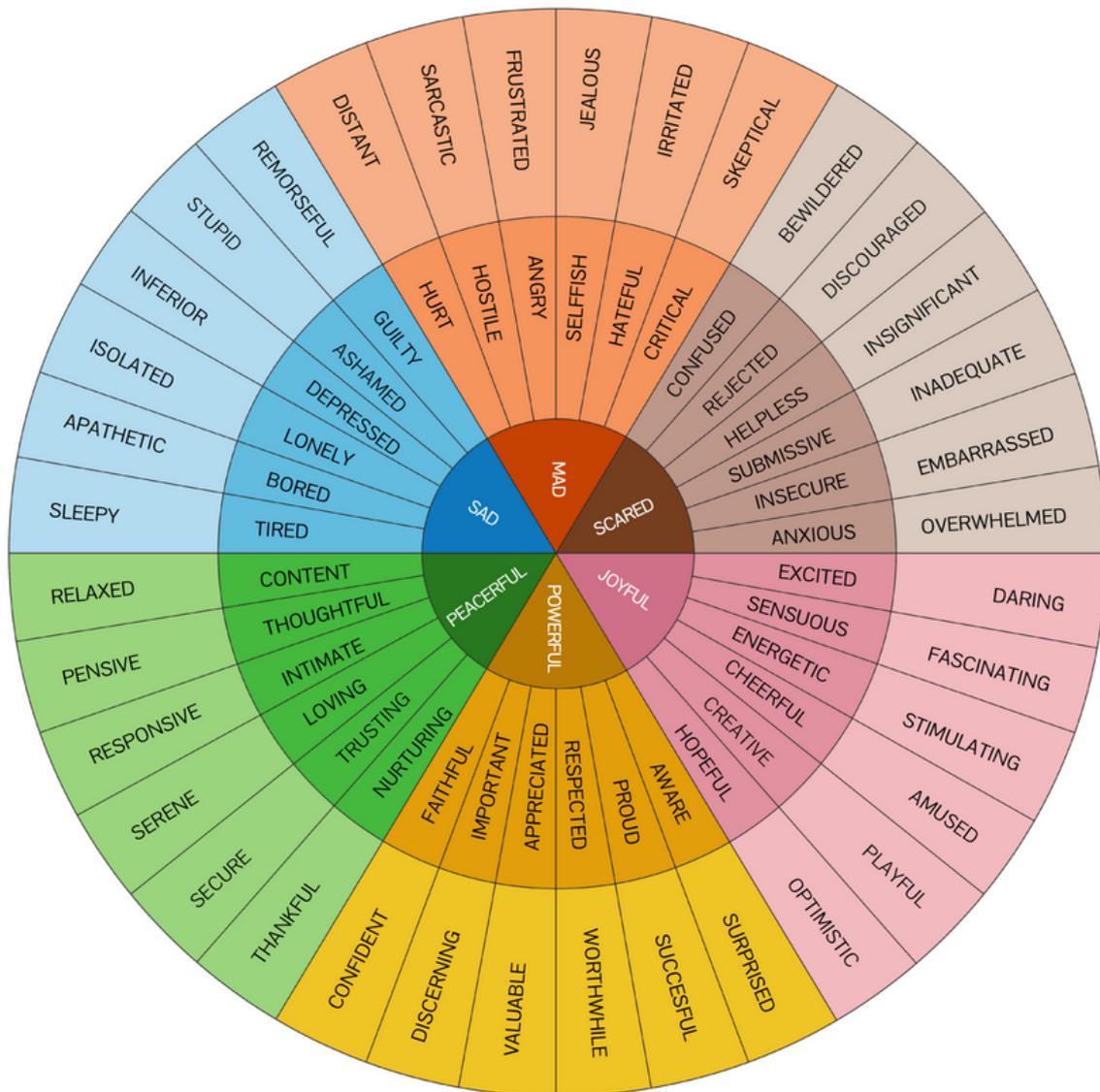
DAILY EXERCISE - FEELING WHEEL

The goal of today's exercise is to help you be more detailed in describing your feelings. The exercise can help you learn to identify or recognise emotions more accurately.

Please take a look at the wheel on the next page. The wheel organises 72 feelings into a pie chart and categorises them into these 6 groups: sad, mad, scared, joyful, powerful, and peaceful. The wheel can help identify the specific feelings and emotions you are experiencing at any given moment so that they can be addressed and resolved.

For instance, if you experience a generally sad feeling, you can use the outer bands of the wheel to figure out what specific kind of sadness you might feel. For example, maybe what you are really experiencing is feeling ignored. Note that the reverse can also happen. For instance, by using the wheel, you may realise that feeling inadequate may be rooted in rejection or fear on a deeper level.

FEELING WHEEL ILLUSTRATION



TIME TO REFLECT

Direct reflection in the moment

You can use the wheel to explore the emotions you are feeling at any given moment during the day. For instance, after a friendly conversation with someone, you notice a general feeling of joy. Using the wheel, you may ask yourself; what kind of joy am I experiencing right now? Can this feeling best be described as excitement, creativity, cheerfulness, etc.?

Daily reflection

At the end of the day, take a moment to contemplate and look at the wheel. What did you experience today? Maybe, at some point during the day, you felt guilty. Once you find “guilty” on the middle band of the wheel, you can see that the associated core feeling (nearer the centre) is “sad”, and the more specific, nuanced feeling (on the outer band) is “remorseful”.

Long-term reflection

The wheel can also be used to explore deeper and longer-term emotions that may be impacting you. For instance, maybe you have been feeling scared over the last several months since you had a baby. By going to the core feeling “scared” on the inner band of the wheel, you can look at the two outer bands for feelings associated with “scared” to try to unveil the more detailed, nuanced emotions you are experiencing. You might conclude that you are more specifically feeling rejected and insecure. This can be an important insight that can help you to take specific actions towards the desired goal.

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

Success is the sum of small efforts, repeated day-in and day-out.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - GRATITUDE LIST

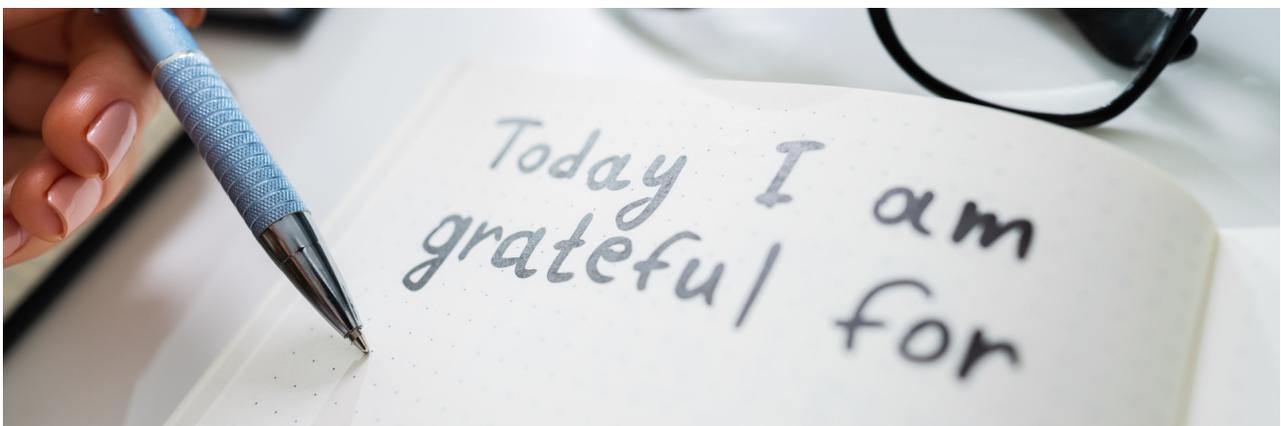
Today we will talk about a gratitude list. A gratitude list is a type of journaling which focuses on what you are grateful for. If you decide to do it, it is best to write your journal daily to achieve positive mental health results.

You can start your gratitude journal by saying: "Today I am grateful for...". Then you list the things, activities or events that made you happy. They can be very simple, for example:

- a warm cup of coffee,
- beautiful weather outside,
- a long walk,
- a dinner,
- your baby making you happy every day.

DAILY EXERCISE - GRATITUDE LIST

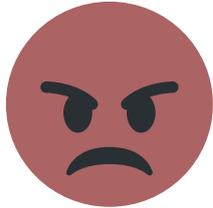
We invite you to create your own gratitude list in today's exercise. Use the space below to write it down.



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

It's amazing to find out what happens when you don't give up!



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY EXERCISE - MINDFUL COLOURING

Today, we invite you to relax and complete a simple colouring exercise.



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

If you are going through the hell, at least act like you own the place.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - HEALTHY EATING

Today's reading will discuss changes you can make to your daily routine to improve your eating habits. These amends and small and simple, but they could significantly improve your physical health in the long term. Do not overwhelm yourself with trying all of them simultaneously. New changes to a routine are likely to become habits when they are small and simple. Start with 2-3 to figure out what works best for you.

drink one smoothie daily

wholegrain replaces
white bread

drink 6-8 cups of water
daily

bake & roast instead of
grilling & frying

drink one fresh juice
daily

drink probiotic (Yakut,
Actimel)

add seeds and
superfood powders

eat less salt

take Omega 3 & vitamin
D

choose popcorn over
chips

greek yoghurt instead of
sweet one

remove all alcohol

drink your coffee black

dark chocolate replaces
milk chocolate

eat fruit or drink yoghurt
as a snack

DAILY EXERCISE - SMALL CHANGES

Are you up for a challenge? In today's exercise, you are invited to pick 3 items from the list above to do today or tomorrow. Select 3 things which resonate most with you and try to incorporate these small, simple changes into your day.

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.



I am a work in progress!

DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY EXERCISE

Another day, another meditation practice. Today we invite you to complete your second meditation session in this challenge.

- Set up a timer for 13 min on your phone. Lie down on a hard surface, such as the floor or the bed.
- Focus your attention on the sensation of your breathing.
- You will find that your mind will wander. If you pay careful attention to the present moment, you will notice that thoughts tend to emerge spontaneously. You may have thought about the future, the past, or the present. Your thoughts may seem to arise from ideas, sounds or images. Likewise, your attention may be drawn to bodily sensations or emotional states.
- When a thought arises, try to observe it with curiosity and acceptance. Note its presence and its nature. If you focus your attention on it, you may find that it soon fades away. Then gently bring your attention back to the breath.
- Sometimes, thoughts will grab your attention and pull you in. This is okay! If you notice this has happened, simply note this with acceptance, and bring your attention back to the breath.
- Continue with this practice until the time is up.



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.



When you feel like giving up, think about why you started.

DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - GOAL SETTING

Describing your goals in a written form is strongly associated with goal success. People who vividly describe or picture their goals are anywhere from 1.2 to 1.4 times more likely to accomplish them than people who don't.

Once you've created your long-term goal, write it down, print it out and put it somewhere where you can see it daily. This will serve as a visual reminder of where you want to be and create a sense of future stability.

DAILY EXERCISE - GOAL SETTING

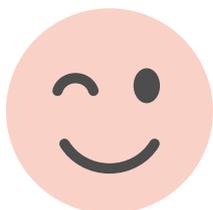
In today's exercise, we invite you to write up your 3-year goal, using the following questions for inspiration. Use the space below to write it down. Once you are done, don't forget to print and stick it somewhere around the house where you can see it daily.

- What would be your biggest aspiration 3 years from now?
- Where do you see yourself from a personal growth perspective?
- Which country are you living in?
- How much are you earning?
- Where do you see yourself as a mother and a partner?



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.



Nothing is impossible. The word itself says "I'm possible".

DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - LETTER TO YOUR FUTURE SELF

Today's reading will discuss writing a letter to your future self. The letter should describe in detail what your life will look like a few years from now. Writing a letter to your future self is a powerful exercise. It forces you to look inward at your present self and consider your future. Not sure where to start? Let's break it into steps:

1. Ask Yourself Some Questions

- What lessons have I learned up until this point?
- What goals have I achieved?
- Am I happy?
- What is important to me?
- Am I living this life true to MYSELF?
- Am I spending enough time on things that matter?
- Do I take enough care of my health and myself?

2. Share Your Current Beliefs About:

- Family.
- Friends.
- Health.
- Relationships.
- Career.
- Spirituality.
- Finance & Money.

3. Define Things You Want to Change in the Future

- What should I remember?
- What are my goals for the future?
- What habits should I start to be healthier?
- What relationships need more attention, and what ones need to be dissolved?
- What should I exclude from my life? What should I add to my life?

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.



Grow through what you go through.

DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - ME TIME

In today's reading, we want to reinforce the importance of "me time" for new mothers. Many mothers think taking "me time" away from their children for exercise or socialising is selfish. Conversely, it is selfish not to take "me time". Your children and grandchildren will thank you for it in future because you will be happy and healthy to see them grow.

In addition, carving out "me time" helps illustrate to the children that we are separate people: we love each other, are attached to each other, and are independent. When parents have "me time", they are refreshed, gain perspective, get new ideas, and feel stronger and more energised.

DAILY EXERCISE - ME TIME

In today's exercise, we invite you to carve out some well-deserved "me time" during the day. Use the form below to create the 4 "me time" activities you will do today. They can be as simple as having a hot coffee, a bath, or a skincare routine. Are you up for a challenge?

Activity 1

Activity 2

Activity 3

Activity 4

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - RELATIONSHIP WITH PARTNER

Do you feel resentment towards your partner after childbirth? Do you often notice that your life has changed much while your partner continues enjoying their "old" lifestyle? Do you feel that responsibilities are not equally divided between you and your partner?

All these feelings are normal, and many new mothers experience them after having a baby. Many couples undergo a period of adjustment once a baby is born. It is not uncommon for relationships to deteriorate in the first year of the baby's life, even in the cases of the happiest and most healthy relationships.

When someone becomes a parent for the first time, the lifestyle changes drastically from what you used to. It takes time for both parents to adjust to a new lifestyle and accept their new roles and responsibilities. As a famous quote says: "when a child is born, a parent is born".

DAILY EXERCISE - 1-2-3 EXERCISE

You are invited to complete the "1-2-3" exercise today. After you complete it, you will be explained the purpose of the exercise and interpretation of your results. You are advised not to look ahead without completing the activity first.

Let's begin. Rank in priority order from 1 to 3 the three areas of your life: relationship with a partner, you, and your child. Remember that 1 is the highest priority, followed by 2 in the middle, and 3 is the final one on the priority list. Complete this exercise now before reading the next section.

1

2

3

REVIEW OF RESULTS

Let's look at the "correct" answer as defined by psychologists. This is what your priority list should look like:

- 1 – You
- 2 – Relationship with your partner
- 3 – Your child

Many of you may find this ordering confusing and counterintuitive at first. But, have you ever heard the phrase “happy mama, happy baby”? Or, have you ever wondered why on the plane, the instructions say: “place an oxygen mask on you first before placing it on your baby”? This is because you should take care of yourself first to be able to take care of your baby. If you are happy, your baby will be happy. If you are anxious, unhappy or stressed, your baby will feel it. Hence, we put "You" in the first place on the priority list.

Next, why do we put a relationship with our partner in the second place? A child is happy when they grow up in a happy and loving family where parents have a good and respectful relationship. When parents are happy, their child is happy. You probably remember from your childhood when you hated seeing your parents fight. It affects child's mood, confidence and well-being as they no longer feel safe. Therefore, we put the needs of our relationship with a partner in second place on the priority list.

Third comes a child. If mummy is happy, mummy and daddy are happy - your child will be happy. A solid foundation in the form of a happy mother and a loving family is essential to your child's confidence, well-being and development.

PURPOSE OF THIS EXERCISE

This exercise highlights the importance of looking after yourself and your relationship after having a baby and taking time to rest and recharge. It is ok to change a nappy later if you need some time to finish your coffee or have a quiet moment. It is ok to leave your child with grandparents to spend time with your partner. All of these build a solid foundation for a happy and healthy family for you and your child.

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

Well-behaved women without problems seldom make history.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - SMALL DAILY RITUALS

Small daily rituals are simple actions you do at home every day. The idea is that these activities take very little of your time but bring positive energy as you do them daily. New mothers do not have the luxury of time, so having small things to enjoy every day is nice.

Simple daily rituals can be done while a baby is down for a nap. You could dedicate one or two days a week to household chores, and other days you could spend on "me" time.

Small daily rituals can include straightforward and simple self-care activities such as brushing teeth, having a shower or brushing hair. This would be hard to understand for someone who doesn't have children. But for mothers, essential self-care often becomes impossible when they have a small baby. Doing basic self-care rituals can help you feel good and refreshed.

You could ask your partner to keep an eye on a baby for 10 min in the mornings before they leave for work so that you can do your mini ritual. In the next chapter, we will discuss the relationship with partners and how to ask for help to make your life as a mother easier. Your partner may not realise that you cannot do essential self-care when they are away. So it could be beneficial to speak up about your concerns. A simple request such as “can you take over a baby for 10 min every morning so I can do basic self-care?” can make a big difference to your day.

EXAMPLES OF SMALL DAILY RITUALS

Bathing

Lunch/breakfast on
the balcony or in the
garden

Brushing teeth

Having shower

Brushing hair

Meditation

Yoga

Relax in a fresh air
(garden, balcony)

Journaling

Self-praise exercise

Make coffee and
drink it hot

Have a face mask

Do makeup

Morning/night
skincare ritual

Taking vitamins

Drinking collagen

Drinking probiotic
yoghurts

Short morning
exercise such as
morning stretching

DAILY EXERCISE - YOUR DAILY RITUALS

In today's exercise, we invite you to fill the boxes with your already-established daily rituals. It could be something you do daily or attempt to do as often as you can in-between nappy changes and household chores. It could also be something you always wanted to do but never got around to doing. When you write down the rituals, make sure they are short and simple. If you add new rituals, be realistic about whether you can practically do them; if not, it is best not to add them. This exercise aims to raise awareness of your regular self-care habits or recognise that you don't have any and could start doing some if you wish.

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

A little progress each day adds up to BIG results!



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY EXERCISE - DAILY RITUALS

In today's exercise, we continue working on the topic of small daily rituals. Yesterday you created a list of your personal rituals. In today's practice, we are setting you up for a challenge! Choose 3 rituals and attempt to complete them by the end of the day. If you read this in the evening, you can complete this exercise the following day. Write down below the 3 rituals and tick them off once done!

Ritual 1



Ritual 2



Ritual 3



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

Don't let yesterday take up too much of today.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - IMPORTANCE OF BEING PRESENT

Today's reading will discuss the importance of being present. Being present in your life makes you a happier, healthier human being, as it leads to better moods, more energy, less emotional distress and can even lessen emotional exhaustion. Mindfulness allows you to regulate your emotions and practice gratitude and empathy. Regular meditation practice is a powerful tool for learning to be present.

Whether it is being present with your child, partner or family, the skill of being present can help you truly enjoy the moments you are in and make life-long memories.

DAILY EXERCISE - MEDITATION PRACTICE

Another day, another meditation practice. Today we invite you to complete your final mediation session in this challenge.

- Set up a timer for 13 min on your phone. Lie down on a hard surface, such as the floor or the bed.
- Focus your attention on the sensation of your breathing.
- You will find that your mind will wander. If you pay careful attention to the present moment, you will notice that thoughts tend to emerge spontaneously. You may have thought about the future, the past, or the present. Your thoughts may seem to arise from ideas, sounds or images. Likewise, your attention may be drawn to bodily sensations or emotional states.
- When a thought arises, try to observe it with curiosity and acceptance. Note its presence and its nature. If you focus your attention on it, you may find that it soon fades away. Then gently bring your attention back to the breath.
- Sometimes, thoughts will grab your attention and pull you in. This is okay! If you notice this has happened, simply note this with acceptance, and bring your attention back to the breath.
- Continue with this practice until the time is up.

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

The motivation will not take you as far as the discipline will.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - PLAYING MUSIC

Music enhances intelligence and focus, improves mental health, and boosts the immune system, self-esteem, and confidence. It can relax, boost and lift our mood, or improve concentration. Music can also aid insomnia, helping to encourage and induce a deeper sleep.

Neuroscientists who study baby brains say music has long-lasting benefits for babies, too. Music makes a big difference to the baby's brain. Music ignites all areas of child development and school readiness skills, particularly in language acquisition and reading skills. Playing a musical instrument can improve mathematical learning and even increase school scores.

DAILY EXERCISE - PLAYING MUSIC

In today's exercise, you are invited to create a playlist of your favourite songs and play it throughout the day. We already know that the music that gives us the chills helps to release dopamine. A separate study found that people who intentionally listened to their favourite music improved their moods and happiness in just two weeks.

Once you have created your playlist, play it throughout the day and observe the changes in your mood and overall well-being. Do you feel happier throughout the day while playing music? If it works for you, you can run it as a longer-term experiment to observe the long-lasting benefits.



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.



I am not a product of my circumstances. I am a product of my decisions.

DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY EXERCISE - ME TIME

Today we invite you to complete this challenge's final "me time" exercise. On the next page, you will find a list of inspirational ideas on how you could spend your "me time". These are the activities which require some advance planning. Pick 1-3 activities you like most and try to do them in the coming weeks. You could ask your family or partner to look after your little one for a couple of hours while enjoying the well-deserved "me time". Don't be afraid to ask for help; as a mother, you need breaks from time to time to be able to look after your baby. So going out and doing something for yourself will benefit both of you!



ME TIME ACTIVITIES TO BOOST YOUR MENTAL HEALTH

Go to the cinema

Swimming

Bicycle ride

Visit a market

Try a new recipe

Wander in a book shop

Take yourself out for lunch/breakfast

Do a puzzle or brain-teaser

Plan a trip or short break

Start a new hobby or re-engage in an old favourite

Go kayaking

Go for a new haircut

Go to a museum/art exhibition

Try an activity you always wanted to try

Gardening

Have a bath

Play cards or board game with your partner

Photography

Going to Starbucks for coffee and magazine read

Going to a spa day

Baking

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

The question isn't who is going to let me; it's who is going to stop me.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY EXERCISE - MINDFUL COLOURING

In today's exercise, I invite you to complete our final colouring session. This is an excellent opportunity to practice being present. Colouring, similar to meditation, helps people to learn this skill.



HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

Stress is not what happens to us. It's our response to what happens. And response is something we can choose.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - POSITIVE AFFIRMATIONS

In today's reading, we will talk about positive affirmations. As already discussed, affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often and believe in them, you can start making positive changes.

The benefits of affirmations are endless, they have helped many people worldwide achieve great things, but more importantly, they can help you make positive changes in your life.

Affirmations can motivate you to act on certain things, help you to concentrate on achieving your goals in life, give you the power to change your negative thinking patterns and replace them with positive thinking patterns, and assist you in accessing a new belief system. Affirmations can reaffirm the positivity back into your life and help regain or increase your self-confidence.

For affirmations to truly work, you should repeat them daily and truly believe in what you are saying.

DAILY EXERCISE - POSITIVE AFFIRMATIONS

In today's exercise, we have prepared affirmation statements for you on the next pages. You are invited to read them out loud and try to truly believe in what you are saying. After you are done, observe how your mood changes and what emotions you experience. If you feel that positive affirmations positively impact your mood, you should consider doing this practice daily to observe the positive changes in the long term.

THINK IT,
WANT IT,
GET IT

I am feeling better as I move on from my worries.

Treating my body right makes me feel good.

I focus on improving quality of my thoughts.

If there are people in my life who try to disturb my peace, I will remove them from my space.

I will continue to respect myself every day.

Just because I am struggling does not mean I am failing.

I am stronger than my anxieties.

I am learning to take control of my habits.

I feel at peace when I dedicate time to self-care.

I will remain calm through hard times.

I know that no matter what, I am ok.

I let go of my pessimistic thoughts.

I know my present circumstances are here to help me grow.

I am making my process of healing a priority.

I live and enjoy this moment, here and now.

I understand that my actions become habits so I will always do the right things.

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

There cannot be a stressful crisis next week. My schedule is already full.



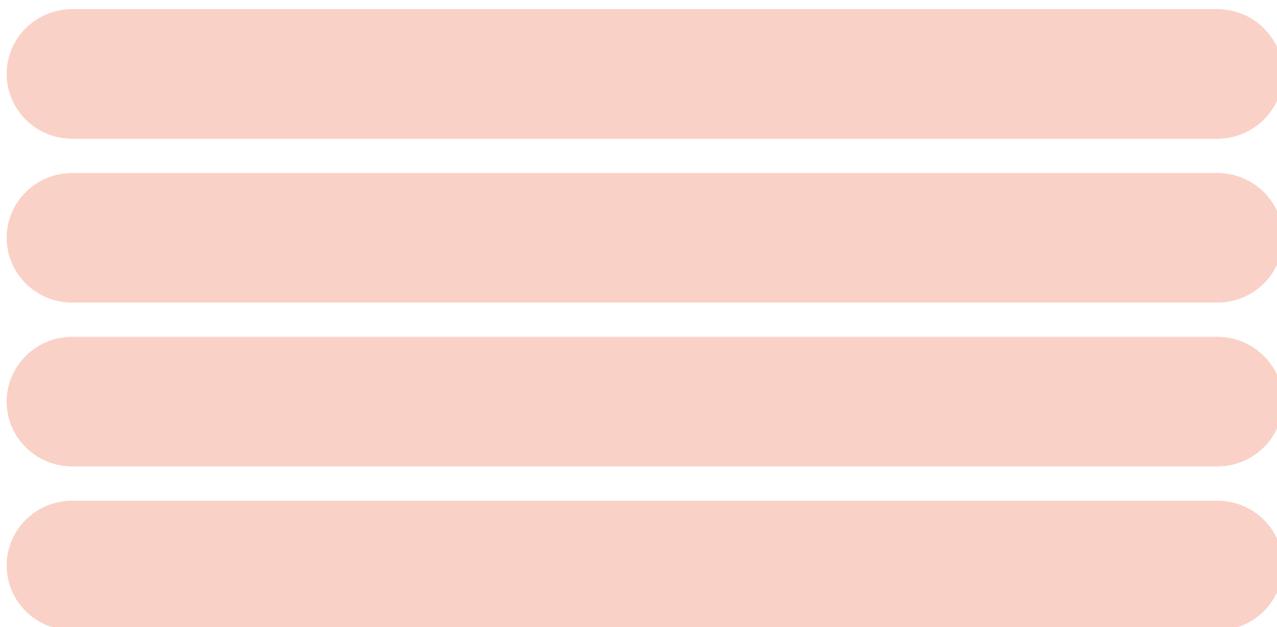
DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

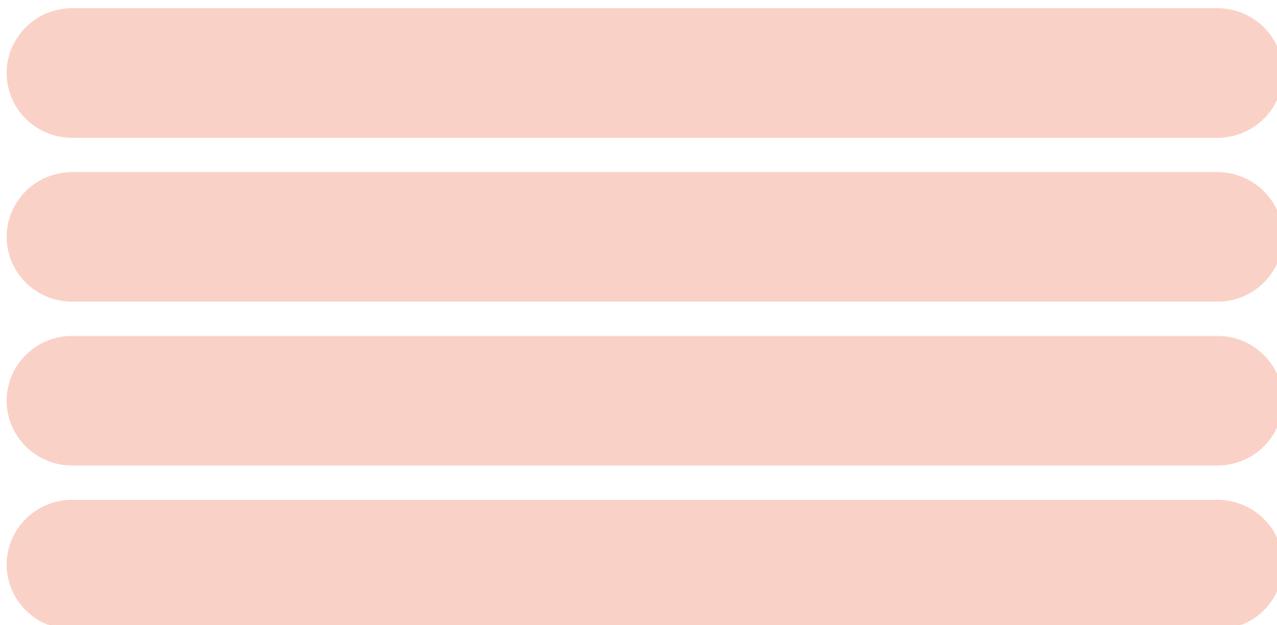
DAILY EXERCISE - CHANGES I WANT TO MAKE

As we approach the end of this challenge, it is time to think about the positive changes you want to make going forward. In today's exercise, you are invited to create a list of such changes. Think of the activities you enjoyed doing the most as part of this challenge. Next, write down the positive changes you want to incorporate into your daily life. Use the template below to complete the exercise.

Things I want to change or do differently

Four horizontal rounded rectangular boxes, each filled with a light peach color, stacked vertically. These boxes are intended for the user to write down the changes they want to make.

New activities I want to do going forward

Four horizontal rounded rectangular boxes, each filled with a light peach color, stacked vertically. These boxes are intended for the user to write down new activities they want to incorporate.

HOW DID YOU FEEL TODAY?

Circle the emoji which best describes your mood today. Monitor how it changes throughout 30 day period.

Tension is a habit. Relaxing is a habit. Bad habits can be broken, good habits formed.



DAILY JOURNAL

Write down the emotions you experienced today, both positive and negative. You could also include the events that shaped your day.

DAILY READING - RECAP ON HABITS

A habit is something you do often and regularly, sometimes without knowing that you are doing it. This part defines a successful habit: “... regularly, sometimes without knowing that you are doing it”. If you do something regularly and for long enough, at some point, it becomes so natural to your daily life that you no longer notice that you are doing it. For example, you brush your teeth every day — do you think of brushing your teeth as a habit? Probably not. Because it is so natural to you and you have been doing it your whole life, you no longer consciously observe the process of brushing your teeth every day.

What is a successful habit? It is an activity you do regularly and persistently so that eventually, it becomes a habit. You do not consciously think about it as something that needs doing — you do it automatically as part of your daily routine.

According to most recent research, it takes more than two months before a new behaviour becomes automatic — 66 days, to be exact. And how long it takes a new habit to form can vary widely depending on the behaviour, the person, and the circumstances, anywhere from 18 days to 254 days.

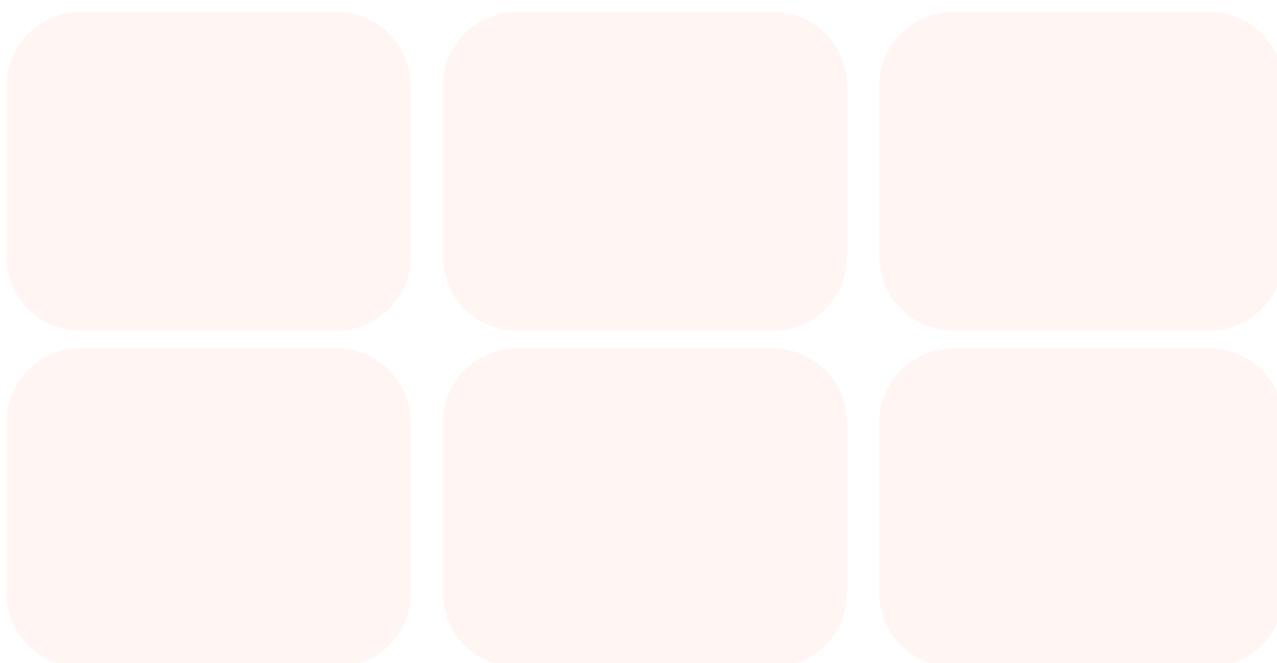


DAILY EXERCISE - NEW YOU

Welcome to the final day of the challenge, and congratulations on making it this far! You have accomplished so much. The next step is to ensure that the benefits you have acquired as a result of this exercise stick in the long term. As you probably guessed, our final exercise today will be about forming new healthy habits. Throughout this challenge, you have been exposed to various activities that positively impact mental health. You have also completed the readings with recommendations of activities known to improve wellbeing.

In today's exercise, you are invited to create a list of new habits that you want to form based on what you have learnt so far. Such habits could include simple daily rituals, exercise, meditations or other activities. Feel free to return to previous readings to remind yourself of those activities. Using the form below, create a list of new habits you want to acquire. Once you start building new habits into your daily routine, start with 1 or 2 at first. Over time, you can add more. Be regular and persistent, but do not overwhelm yourself with 10 new habits to work on. Be open and flexible by removing habits if you realise they don't work for you. Be imperfect - it's ok if you miss one or two days; just do it the next day and continue doing it thereafter. You are good as long as you keep going!

My new habits



A grid of six empty rounded rectangular boxes, arranged in two rows of three, intended for writing down new habits.

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Please share your thoughts on the book using the following email address:

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