

SELF CARE



ARE YOU READY FOR SELF LOVE?

Here is an amazing
guide for you to look
upon



@poojabhargavk
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SELF CARE GUIDE



1) LIST OF SELF CARE MUSICS FOR MOMS

you can just copy paste these names in youtube to listen to this powerful musics

These genres and specific tracks offer a wide range of calming and soothing sounds that can help moms relax, unwind, and take care of themselves amidst the demands of motherhood. Whether it's classical music, ambient sounds, or acoustic melodies, finding the right music for self-care can make a significant difference in promoting relaxation and well-being.

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1) LIST OF SELF CARE MUSICS FOR MOMS

- **Instrumental Music:**

- a) Yiruma - "River Flows in You"
- b) Ludovico Einaudi - "Nuvole Bianche"
- c) Brian Crain - "Song for Sienna"
- d) Max Richter - "On the Nature of Daylight"
- e) Ólafur Arnalds - "Near Light"

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1) LIST OF SELF CARE MUSICS FOR MOMS

- **Classical Music:**

- a) Johann Sebastian Bach - "Air on the G String"
- b) Ludwig van Beethoven - "Moonlight Sonata"
- c) Wolfgang Amadeus Mozart - "Piano Concerto
No. 21 in C Major"
- d) Frederic Chopin - "Nocturnes"
- e) Claude Debussy - "Clair de Lune"

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1) LIST OF SELF CARE MUSICS FOR MOMS

- **Nature Sounds:**

- a) Sounds of rain falling
- b) Ocean waves and seagulls
- c) Forest birds chirping
- d) Gentle wind blowing through leaves
- e) Babbling brook or stream

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1) LIST OF SELF CARE MUSICS FOR MOMS

- **Relaxation and Meditation Music:**

- a) Enya - "Only Time"
- b) Deva Premal - "Gayatri Mantra"
- c) Marconi Union - "Weightless"
- d) Liquid Mind - "Serenity"
- e) Steven Halpern - "Chakra Suite"

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1) LIST OF SELF CARE MUSICS FOR MOMS

- **Ambient and Atmospheric Music:**

- a) Hammock - "Mysterium"
- b) Stars of the Lid - "Don't Bother They're Here"
- c) Helios - "Embrace"
- d) Eluvium - "Indoor Swimming at the Space Station"
- e) Carbon Based Lifeforms - "Photosynthesis"

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1) LIST OF SELF CARE MUSICS FOR MOMS

• Acoustic and Folk Music:

- a) Fleetwood Mac - "Landslide"
- b) Simon & Garfunkel - "The Sound of Silence"
- c) Norah Jones - "Come Away With Me"
- d) Iron & Wine - "Flightless Bird, American Mouth"
- e) Tracy Chapman - "Fast Car"

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1) LIST OF SELF CARE MUSICS FOR MOMS

- **World Music:**

- a) Ravi Shankar - "Sitar Concerto No. 1"
- b) Ali Akbar Khan - "Raga Darbari Kanada"
- c) Nusrat Fateh Ali Khan - "Tere Bin Nahin Lagda"
- d) Buena Vista Social Club - "Chan Chan"
- e) Rodrigo y Gabriela - "Tamacun"

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1) LIST OF SELF CARE MUSICS FOR MOMS

- **Piano Music:**

- a) George Winston - "Autumn"
- b) Ludovico Einaudi - "Una Mattina"
- c) Philip Glass - "Glassworks"
- d) Dustin O'Halloran - "Opus 14"
- e) Michael Nyman - "The Heart Asks
Pleasure First"

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2) LIST OF SELF CARE PODCASTS FOR MOMS

you can just copy paste these names in youtube to listen to this powerful podcasts

These podcasts offer valuable insights, practical tips, and soothing content that can support moms in prioritizing self-care and nurturing their mental and emotional well-being. Whether it's mindfulness practices, inspirational interviews, or calming music, incorporating podcasts into a self-care routine can provide moms with a valuable source of support and encouragement.

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2) LIST OF SELF CARE PODCASTS FOR MOMS

a) **The Lavendaire Lifestyle:**

Hosted by Aileen Xu, this podcast covers topics such as personal growth, mindfulness, self-care routines, and finding balance in life. The episodes often feature calming background music and guided meditations.

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2) LIST OF SELF CARE PODCASTS FOR MOMS

b) The Calm Collective:

Hosted by Maggie McDonnell, this podcast explores mindfulness, self-discovery, and living with intention. The episodes incorporate soothing music and reflective discussions on self-care practices.

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2) LIST OF SELF CARE PODCASTS FOR MOMS

c) The Motherly Podcast:

Motherly is a platform dedicated to supporting and empowering moms, and their podcast features conversations with experts and mothers on various topics related to motherhood, self-care, and personal growth.

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2) LIST OF SELF CARE PODCASTS FOR MOMS

d) The Mindful Mama Podcast:

Hosted by Hunter Clarke-Fields, this podcast focuses on mindfulness, parenting, and self-care for moms. It offers practical tips, guided meditations, and interviews with experts in the field of mindfulness and psychology.

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2) LIST OF SELF CARE PODCASTS FOR MOMS

e) Selfie Podcast:

Hosted by Sarah James and Kristen Howerton, this podcast covers a wide range of topics related to self-care, mental health, relationships, and personal development. The hosts share their own experiences and offer practical advice for practicing self-care.

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2) LIST OF SELF CARE PODCASTS FOR MOMS

f) Simple Families Podcast:

Hosted by Denaye Barahona, this podcast offers encouragement and support for simplifying family life, reducing stress, and prioritizing self-care. The episodes cover topics such as minimalism, intentional living, and mindfulness.

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2) LIST OF SELF CARE PODCASTS FOR MOMS

g) Happier with Gretchen Rubin:

Hosted by bestselling author Gretchen Rubin and her sister Elizabeth Craft, this podcast explores practical strategies for happiness, habits, and personal growth. While not specifically geared towards moms, many episodes offer valuable insights on self-care and well-being.

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2) LIST OF SELF CARE PODCASTS FOR MOMS

h) The Wellness Mama Podcast:

Hosted by Katie Wells, this podcast covers a wide range of topics related to health, wellness, and natural living. While primarily focused on health and nutrition, many episodes discuss self-care practices and mental well-being.

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2) LIST OF SELF CARE PODCASTS FOR MOMS

i) The Sleepy Time Mumbles Podcast:

This podcast features calming bedtime stories, guided meditations, and relaxing sounds to help listeners unwind and fall asleep peacefully. While not specifically for moms, it can be a soothing addition to a self-care routine.

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2) LIST OF SELF CARE PODCASTS FOR MOMS

j) The Goop Podcast:

Hosted by Gwyneth Paltrow and Elise Loehnen, this podcast explores cutting-edge wellness trends, self-care practices, and holistic approaches to health. It features interviews with experts in various fields related to well-being.

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3) LIST OF SELF CARE HOBBIES FOR MOMS

Engaging in hobbies is an excellent way for moms to practice self-care, relax, and recharge. Here are some hobbies that moms can consider

a) Reading:

Whether it's fiction, non-fiction, or self-help books, reading can be a great way to escape into different worlds, gain knowledge, and relax.

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3) LIST OF SELF CARE HOBBIES FOR MOMS

b) Yoga or Meditation:

Practicing yoga or meditation can help moms reduce stress, increase flexibility, and promote mindfulness and relaxation.

c) Gardening:

Spending time in the garden can be therapeutic and rewarding. Moms can cultivate plants, tend to flowers or vegetables, and enjoy being outdoors.

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3) LIST OF SELF CARE HOBBIES FOR MOMS

d) Cooking or Baking:

Experimenting with new recipes, cooking healthy meals, or indulging in baking treats can be both enjoyable and nourishing for the soul.

e) Art and Crafts:

Engaging in creative activities such as painting, drawing, knitting, or crafting allows moms to express themselves artistically and unwind.

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3) LIST OF SELF CARE HOBBIES FOR MOMS

f) Photography:

Taking up photography as a hobby allows moms to capture special moments, explore their creativity, and appreciate the beauty in everyday life.

g) Writing:

Whether it's journaling, writing poetry, or starting a blog, writing can be a therapeutic outlet for moms to express themselves and reflect on their experiences.

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3) LIST OF SELF CARE HOBBIES FOR MOMS

h) Music:

Learning to play a musical instrument or simply listening to music can be a relaxing and enjoyable hobby for moms.

i) Fitness Activities:

Engaging in physical activities such as hiking, biking, swimming, or dancing not only improves physical health but also boosts mood and energy levels.

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3) LIST OF SELF CARE HOBBIES FOR MOMS

j) DIY Projects:

Tackling DIY projects around the house, such as home decor, furniture restoration, or organizing projects, can be a satisfying and productive way for moms to spend their time.

k) Volunteering:

Getting involved in volunteering activities or community service allows moms to give back to others while also fostering a sense of fulfillment and connection.

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3) LIST OF SELF CARE HOBBIES FOR MOMS

l) Traveling:

Exploring new places, whether it's a weekend getaway or a more extensive trip, allows moms to relax, recharge, and create lasting memories with their loved ones.

m) Mindfulness and Self-Reflection:

Engaging in activities such as journaling, practicing gratitude, or participating in mindfulness exercises can help moms connect with themselves, reduce stress, and cultivate a sense of inner peace.

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3) LIST OF SELF CARE HOBBIES FOR MOMS

It's important for moms to prioritize hobbies that they enjoy and that allow them to relax and unwind. By making time for hobbies, moms can better take care of themselves and maintain their overall well-being.

Kindly empathize and take actions accordingly.

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4) LIST OF SELF CARE BOOKS FOR MOMS

you can just copy paste these names in search engines or buy it online.

These books cover a range of topics related to self-care, motherhood, and finding balance amidst the challenges of parenting. Each offers valuable insights and practical tips for moms looking to prioritize their well-being.

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4) LIST OF SELF CARE BOOKS FOR MOMS

a) **"The Self-Care Solution: A Modern Mother's Must-Have Guide to Health and Well-Being" by Julie Burton**

This book offers practical tips and advice for busy moms to prioritize self-care amidst their hectic lives.

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4) LIST OF SELF CARE BOOKS FOR MOMS

b) "The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate, and Re-Balance Your Life" by Renee Trudeau

Renee Trudeau provides tools and strategies for mothers to nurture themselves and find balance in their roles as caregivers.

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4) LIST OF SELF CARE BOOKS FOR MOMS

c) "Self-Care for Moms: 150+ Real Ways to Care for Yourself While Caring for Everyone Else" by Sara Robinson

With over 150 self-care ideas, this book offers moms practical suggestions for incorporating self-care into their daily routines.

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4) LIST OF SELF CARE BOOKS FOR MOMS

d) "The Joy of Missing Out: Live More by Doing Less" by Tonya Dalton

While not specifically targeted at moms, this book provides valuable insights on prioritizing and simplifying life to focus on what truly matters.

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4) LIST OF SELF CARE BOOKS FOR MOMS

e) "Motherhood Reimagined: When Becoming a Mother Doesn't Go As Planned: A Memoir" by Sarah Kowalski

Sarah Kowalski shares her personal journey of motherhood and offers inspiration for finding fulfillment and self-care amidst unexpected challenges.

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4) LIST OF SELF CARE BOOKS FOR MOMS

**f) "The Gift of a Happy Mother:
Letting Go of Perfection and
Embracing Everyday Joy" by Rebecca
Eanes**

This book encourages mothers to let go of perfectionism and embrace the joys of everyday life through self-compassion and mindfulness.

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4) LIST OF SELF CARE BOOKS FOR MOMS

g) "The Fifth Trimester: The Working Mom's Guide to Style, Sanity, and Success After Baby" by Lauren Smith Brody

Focused on supporting working moms, this book provides practical advice for managing the transition back to work while prioritizing self-care.

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4) LIST OF SELF CARE BOOKS FOR MOMS

**h) "The Brave Art of Motherhood:
Fight Fear, Gain Confidence, and Find
Yourself Again" by Rachel Marie
Martin**

Rachel Marie Martin shares her personal experiences and offers encouragement for mothers to overcome fear, rediscover their identity, and practice self-care.

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4) LIST OF SELF CARE BOOKS FOR MOMS

i) "The Empowered Mama: How to Reclaim Your Time and Yourself while Raising a Happy, Healthy Family" by Lisa Druxman

Lisa Druxman provides strategies for mothers to reclaim their time, prioritize self-care, and nurture their well-being while raising a family.

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4) LIST OF SELF CARE BOOKS FOR MOMS

j) "The Zen Mama Guide to Finding Your Rhythm in Pregnancy, Birth, and Beyond" by Teresa Palmer and Sarah Wright Olsen

This book offers guidance and support for mothers to find balance, mindfulness, and self-care throughout the journey of pregnancy, birth, and motherhood.

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5) LIST OF SELF CARE MOVIES FOR MOMS

you can just copy paste these names in youtube or watch it online.

a) Eat Pray Love (2010) :

A woman embarks on a journey of self-discovery through Italy, India, and Indonesia after a painful divorce.

b) The Holiday (2006) :

Two women swap homes for the holidays and find unexpected love and self-discovery in the process.

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5) LIST OF SELF CARE MOVIES FOR MOMS

c) Julie & Julia (2009) :

Based on true stories, this film intertwines the lives of chef Julia Child and blogger Julie Powell as they find fulfillment through food and cooking.

d) Under the Tuscan Sun (2003) :

A recently divorced woman impulsively buys a villa in Tuscany and begins a new life filled with adventure, romance, and self-discovery.

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5) LIST OF SELF CARE MOVIES FOR MOMS

e) Wild (2014) :

Based on Cheryl Strayed's memoir, this film follows a woman's transformative journey of self-discovery as she hikes the Pacific Crest Trail alone.

f) Mamma Mia! (2008) :

A feel-good musical featuring the hits of ABBA, set on a picturesque Greek island, where a bride-to-be searches for her father.

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5) LIST OF SELF CARE MOVIES FOR MOMS

g) The Secret Life of Walter Mitty (2013) :

A daydreamer escapes his mundane life through vivid fantasies, but embarks on a real-life adventure to find a missing photograph.

h) Pride and Prejudice (2005) :

Jane Austen's classic romance follows the tumultuous relationship between Elizabeth Bennet and Mr. Darcy in 19th century England.

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5) LIST OF SELF CARE MOVIES FOR MOMS

i) The Guernsey Literary and Potato Peel Pie Society (2018) :

A writer forms an unexpected bond with the residents of Guernsey Island after exchanging letters with them during World War II.

j) Amélie (2001) :

A whimsical and charming French film about a young woman who finds joy in bringing happiness to others while navigating her own romantic life.

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6) LIST OF SELF CARE TV SHOWS FOR MOMS

you can just copy paste these names in youtube and watch it online.

a) Gilmore Girls :

This beloved series follows the close relationship between a single mother and her daughter as they navigate life, love, and family in a small town.

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6) LIST OF SELF CARE TV SHOWS FOR MOMS

b) The Marvelous Mrs. Maisel :

Set in 1950s New York City, this comedy-drama follows a housewife who discovers a talent for stand-up comedy after her marriage falls apart.

c) Call the Midwife :

This heartfelt British series follows a group of midwives working in London's East End during the 1950s and 1960s, tackling issues of motherhood, social justice, and community.

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6) LIST OF SELF CARE TV SHOWS FOR MOMS

d) The Great British Baking Show (or The Great British Bake Off) :

Contestants compete in a friendly baking competition, showcasing their skills and creativity in a relaxed and supportive environment.

e) Grace and Frankie :

Two women in their golden years form an unlikely friendship after their husbands reveal they are gay and plan to marry each other.

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6) LIST OF SELF CARE TV SHOWS FOR MOMS

f) Chef's Table :

This documentary series takes viewers inside the lives and kitchens of some of the world's most renowned chefs, exploring their culinary creations and personal journeys.

g) Queer Eye :

The Fab Five help individuals transform their lives in this heartwarming reality series, offering style, grooming, food, design, and culture advice with a focus on self-care and self-love.

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