A LITTLE GUIDE FROM HATTIE HAYWARD HERE

50 things mums like us do

From rushed *to connected*

Little moments we put first to turn a jolty, rushed day into a calmer, more connected one - from the early wake-up to the late-night laptop sessions.

The circled ones are my favourite go-tos.

Which will get you out of bed - in a good way?



Hattie Hayward Here
Working mum, wife and relationship coach

@hattiehaywardhere

Before we start

Hands up - before I trained as a relationship coach, I didn't do self-care at all. I was proud of being efficient. The cost was being snappy, resentful and feeling behind on everything.

Here's what nobody told me: for a working mum, self-care isn't a spa day. (Well, sometimes it is, and those are flipping amazing.) But 99% of the time, it's the two minutes you put first - ahead of all the things.

So here are 50 things working mums do. It's not a to-do list - it's a menu. I've gone through and circled my favourites, and there's loads here I've not tried yet, so let's have fun experimenting with what works for us.

The secret sauce? Doing it on purpose, so I can be the best version of myself. I can drink my coffee sitting down, loving it and knowing it's my time. Or I can drink it cold while I run around after the kids. Same coffee, a completely different moment.

Self-care isn't (usually) a spa day. It's the two minutes you put first.

Before the house wakes EARLY

1 Priming before the phone

Ten minutes of Tony Robbins' priming - breathing, three things to feel grateful for, picturing the day going well.
Watch the video

mine, most mornings

2 Coffee, sitting down

Hot, in both hands, enjoyed on purpose. Even with the kids up and about, it's mine.

my time - I love it

3 Phone left downstairs

A cheap alarm clock means the first thing you see isn't your inbox.

4 Two minutes of daylight

Back door open, standing on the step, finding the sky. Cold toes count.

5 One song while the kettle boils

Your song, not theirs. One earbud if the house is still asleep.

6 Not saving the nice shower gel

The good stuff is for Tuesdays now, not "for best".

7 Wearing one thing you love

Even on a work-from-home day. Especially then.

8 Water before coffee

A full glass by the kettle, before the coffee.

The school run DROP-OFF AND AFTER

9 **Walking straight from drop-off**

If it doesn't happen straight after, it doesn't happen. Trainers on before leaving the house.

my rule

10 **An audiobook that's just for you**

Not a business book. Something gloriously unproductive - fantasy counts.

Wheel of Time, again

11 **The long way home**

Ten extra minutes down the street you never go down.

12 **Ringing the friend you keep meaning to**

Walk and talk. Voice notes count if she's on her own school run.

13 **Two minutes in the parked car**

Engine off, nothing on. Just sitting before the next bit starts.

14 **Noticing three things**

A dog, a front door colour, someone's washing on the line. It brings your head back to where you are.

At your desk THE WORKING MORNING

15 **A song before the inbox**

One song you can't sit still to, danced out. Then work.

16 **Something lovely on the desk**

Flowers from the shop, or a few bits picked on a walk. A little bit of outside, inside.

17 **A candle for working hours**

Lit when work starts, blown out when it stops. A tiny ritual with a clear edge.

18 **A stretch before clicking "join"**

Standing up, rolling the shoulders, three slow breaths, then joining the call.

19 **Feet up on the camera-off calls**

If it's audio only, the sofa is a perfectly good meeting room.

20 **Tea in your favourite mug**

Not the chipped one from the back of the cupboard. The one you love.

21 **A desk stretch every hour**

Neck rolls, a big reach to the ceiling, a slow fold forward. Two minutes, no mat needed.

22 **Closing some tabs - both kinds**

The browser ones, and the ones in your head. Brain dumped onto paper and let go.

23 **The same focus playlist, every day**

Your brain learns that this sound means work, and settles faster.

Lunchtime THE BIT YOU USUALLY SKIP

24 Lunch away from the screen
Even ten minutes at the kitchen table, phone face down.

25 Eating outside
Coat on, back step or garden bench. Fresh air with your sandwich.

26 A 20-minute lunchtime walk
Round the block twice. Podcast optional.

27 A living-room dance break
One session on a dance app, curtains optional. Nobody's watching.
my favourite

28 Making the lunch you'd make a friend
The nice plate, the good cheese. You're worth the effort too.

29 Ten pages of a real book
Paper pages, a cuppa, then back to it.

30 A 15-minute power nap
Alarm set, eye mask on. Not lazy - recharging.

31 Ten minutes on Instagram, guilt-free
Scrolling for fun, not for work. You go, girl.

The 3pm slump BEFORE THE AFTERNOON GETS YOU

32 Box breathing
In for 4, hold for 4, out for 4, hold for 4. Four rounds.

33 Stepping outside before the afternoon call
Thirty seconds of air before you're "on" again.

34 A proper snack, on a plate
Not crumbs over the keyboard - sitting down with it.

35 Sending someone something kind
A message with nothing to do with pickups, bins or forms.

36 A hand cream break
Cheap, quick and it smells lovely. It's the small things.

37 Legs up the wall
Five minutes on the floor, legs up the wall. Wild how good it feels.

Pickup to bedtime

WITH THEM, FOR YOU TOO

38 Arriving at pickup two minutes early

Sitting in the car or on the bench, landing before going in.

39 Phone in the bag at the gate

The first five minutes are theirs - and yours.

40 Kitchen disco while tea cooks

Kids in, music up. Self-care that counts as parenting.

41 Sitting down while they colour

Pens out on the table, a cuppa for you next to them. Being there without doing.

42 A candle at bath time

For you as much as them. Sitting on the bathroom floor, breathing it in.

43 Lying on the floor while they play

It counts as a stretch, and they'll climb all over you anyway.

After bedtime

BEFORE THE LAPTOP CALLS

44 A 15-minute buffer

Kids down, then nothing for 15 minutes. No laptop, no washing, no phone.

45 A laptop curfew

A time it shuts, every night. The late-night laptop is optional, honestly.

46 Ten minutes with him, no logistics

Tea on the sofa. Talk about anything except the week's admin.

47 A proper bath

That's it. That's the whole idea.

48 Skincare as a ritual, not a chore

Slow it right down. Two minutes that are only yours.

49 Three good things

Writing down three good things from today. The small ones count most.

50 Brain dump before bed

Getting tomorrow out of your head and onto paper, so 2am stays quiet.

OUR EXPERIMENT THIS WEEK

Now, pick *one.*

Not fifty, just one that makes you smile. Try it this week and notice how it feels - at pickup, at bedtime, in the bits in between. If it sticks, add another.

There's loads here I'm still experimenting with too, so let's find out together what works for us.

My three to try:

1 _____

2 _____

3 _____

Tell me which one you picked

I'd genuinely love to know. My DMs are open on Instagram: @hattiehaywardhere

Know a mum who needs this?

Please send it to her. She probably thinks she's the only one squeezing it in at 9pm.

Hattie x

Working mum, wife and relationship coach. Once resentful, now present (most days).