



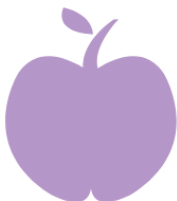
# MOMMY'S 15 MINUTES

You've been under a lot more pressure recently, and we know you're busy! Take only three 5-minute intervals to rejuvenate, refresh and reset.

## MORNING

### REJUVENATE

Spend 5 minutes on boosting your energy and helping your body get ready for the day ahead



## NOON

### REFRESH

Spend 5 minutes midday on feeling beautiful and special because you are

## NIGHT

### RESET

Spend 5 minutes before going to bed on reflecting, loving, and connecting

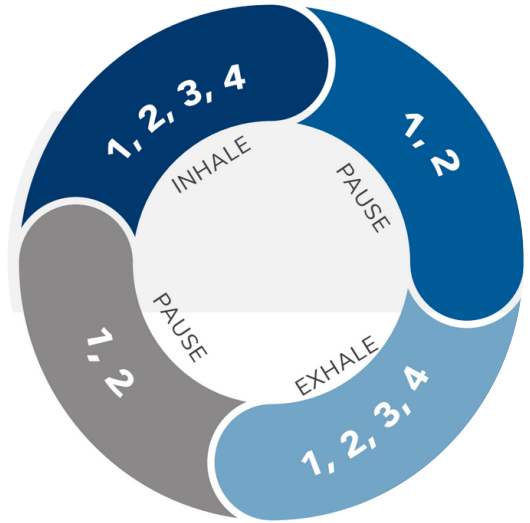


# DAY 1

## MORNING

Take a moment this morning to breathe mindfully. Close your eyes and feel your heart beat. Listen to your breaths and do the following:

**Inhale (count to four),  
Hold (count to two),  
Exhale (count to four),  
Hold (count to two).**



## NOON

Exfoliating your skin regularly gets rid of dead cells that build up on the surface. Make this organic body scrub with ingredients found in your home:

**3 tablespoons olive oil  
2 tablespoons honey  
½ cup sugar**

Mix everything together and put it in a container in your bathroom. To use, simply rub the area with scrub then rinse.



## NIGHT

At the end of the day it's important to take a moment and reward yourself for getting through yet another busy day. Tonight, fix yourself a cup of tea or milk—make it just the way you like it and sit down somewhere alone to drink it. Think about:

**2 things you've accomplished today  
2 good things you have in your life**



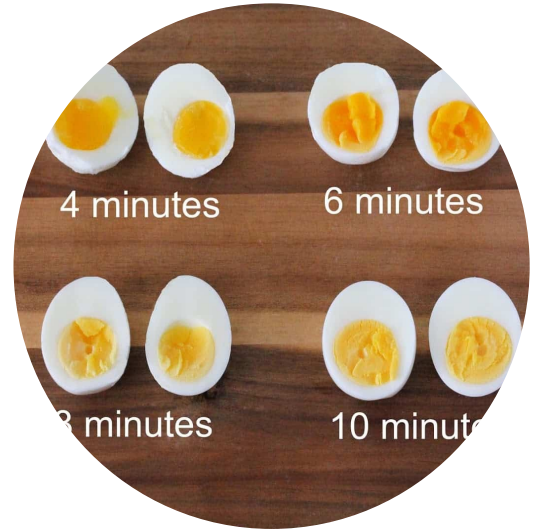
## DAY 2

### MORNING

Eating a healthy breakfast in the morning is essential to get you through the day.

**Give yourself an energy boost by eating 2 boiled egg this morning.**

You can season them with salt and pepper, herbs, or grated cheese. Eggs are among the most nutritious foods you can find, providing virtually all the vitamins and minerals you need.



### NOON

Tired of the classic hairdo? Add volume to your ponytail by following these two easy steps.



### NIGHT

Just before you fall asleep, take a piece of paper or even a tissue. Write or draw your favorite memory in the past year.

**Who was in it?  
Where were you?  
What was the weather like?  
Why was this moment special?**



## DAY 3

### MORNING

Start today's morning with a plank. It's excellent for working your whole body and strengthening your core. How long can you keep it up? Can you break your record tomorrow?



### NOON

Yes, dresses are meant for special occasions. But let's face it, you haven't had an opportunity for one in weeks.

This afternoon, put on your favorite dress for a few hours and turn a dull day into a special one.



### NIGHT

Humour is needed at the end of a busy day. Enjoy this and other videos of people being silly. Click on the link below:

<https://www.youtube.com/watch?v=ZwJfXgTO7J4>

OR: go to youtube.com and search for "Pink Elephant Prank"



## DAY 4

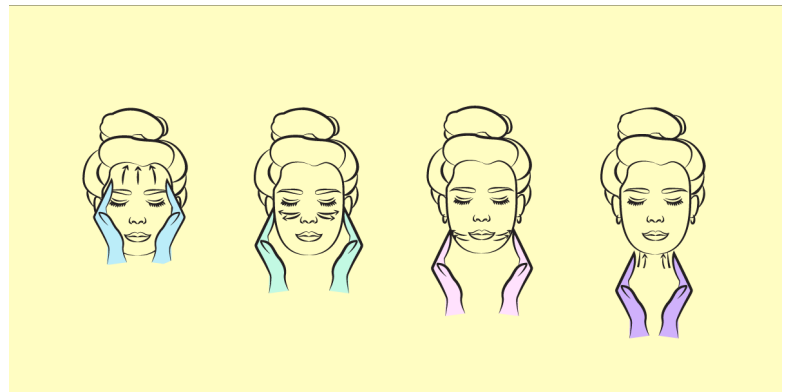
### MORNING

This morning, give your body a boost of vitamin C and help support its immunity. Squeeze two oranges into a glass and drink it. You can add sugar or honey to sweeten it. If you don't have oranges, you can squeeze lemons and make lemonade.



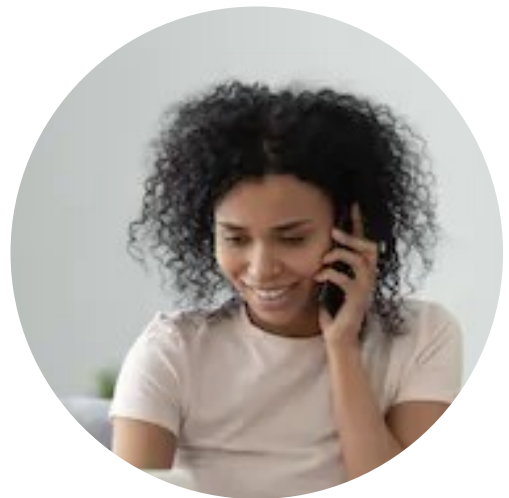
### NOON

Give yourself a face massage using face lotion or olive oil or coconut oil. Massaging your face helps your skin glow and look firm. Follow the image for the movements.



### NIGHT

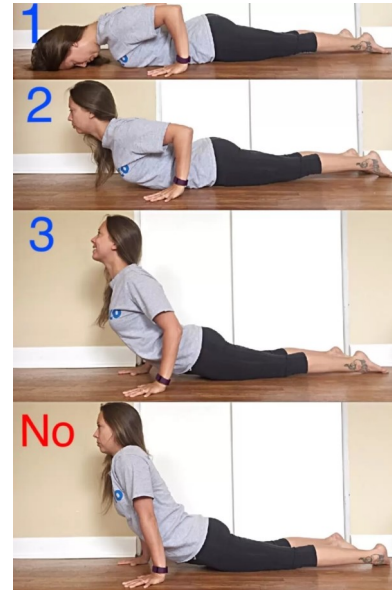
Call someone you care about and check in with them. How are they coping with social isolation? Do they have any suggestions? Talk to them about your day.



## DAY 5

### MORNING

This morning do one yoga position to stretch your body. Follow the steps here. Remember to breathe slowly and feel every inhale and exhale. You can get into the cobra position, then come back to the ground and get back into the position once more. Do this for 5 minutes



### NOON

Today's beauty tip is filling in eyebrows. You can use an eyebrow pencil or brown eyeshadow to shape your eyebrows frame your face. Be sure to follow your own eyebrow shape and colour. Start light and add more carefully until you are happy with the shape.



### NIGHT

Tonight, treat yourself to your favorite dessert. Grab your favorite dessert and try to find a place where you can eat it alone. Talk to your partner or kids about your favorite dessert as a child. Where did you get it from? How is it made? How did it make you feel to eat it?



**We equip mothers facing multiple barriers to become engaged citizens confident parents, and prepare their children for success in school.**

**The Mothers Matter Centre**, home of the Home Instruction for Parents of Preschool Youngsters (HIPPY) Program in Canada – is a not-for-profit, registered charity incorporated in October 2001. We are a virtual, national consortium of organizations dedicated to serving socially isolated and low economic status mothers and their families.

Our foundational program, Home Instruction for Parents of Preschool Youngsters (HIPPY), was piloted in 2000 at the Britannia Community Service Centre in Vancouver, BC, HIPPY. Since then, it has grown to 25 sites across Canada each of which helps 35 - 100 families each year.

In addition to HIPPY, Mothers Matter Centre delivers a suite of programs that serve isolated, vulnerable families including: Bond to Literacy, the Adopt-a-Reader campaign, and Newcomer Innovations.

**Our Honorary Patrons** are Her Excellency **Julie Payette**, C.C., C.M.M., C.O.M., C.Q., C.D, Governor General of Canada; The Right Honourable **David Johnston**, P.C., C.C., C.M.M, C.O.M., C.D; and Her Excellency **Sharon Johnston**, C.C., as Patrons of HIPPY Canada. Thank you for your continuous support!

**Home Instruction for Parents of Preschool Youngsters (HIPPY)** is an evidence-based program that works with families in the home to support parents, primarily mothers, in their critical role as their child's first and most important teacher.

HIPPY strengthens families and communities by empowering mothers to actively participate in Canadian society and prepare their children for success in school and life. As the foundational program of the Mothers Matter Centre, HIPPY Canada has transformed more than 40,000 lives.



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada



vancouver  
foundation



Canada

NORTH GROWTH  
FOUNDATION

Vancity