

A FREE WORKBOOK

The Summer Wellness Guide

WWW.BECKYCRYNE.COM



Welcome

Hey supermoms,

You did it! You helped your kids live their best life over another busy school year. You are amazing! But if you're like me, you're also tired! Organizing family logistics is no easy task! Meals, laundry, housework, taxi duty, working. Moms wear many hats ... and it's easy to neglect your own needs. But the reality is that when you look after your own needs you will be better equipped to care for the needs of your busy family.

This workbook is designed to guide you to take care of yourself as a busy mom. It will include tips and suggestions but also opportunities for you to journal and reflect. My hope is that you use the summer months to rest and replenish YOU as well as to create a plan to maintain your self care needs into the next school year.



Best regards,

Becky

Enjoy a Vibrant Summer

Set Intentions, Not Rigid Plans

Instead of setting strict plans that can feel overwhelming, focus on how you want to **FEEL** and what you want to **EXPERIENCE** this summer. Do you want to feel more relaxed, joyful, or connected? Let your intentions be your guide and create an action plan for your summer based on your intentions.

Create Joy in Daily Life

Summer is a wonderful time to find joy in everyday moments. Whether it's watching a stunning sunset, getting lost in a good book, or having a heart-to-heart chat with a dear friend, these little moments add up to create a season filled with happiness.

Look for these pockets of joy and savour them—they're what make life sweet.

Stay Present

It's easy to rush through the days without truly experiencing them. This summer, make a conscious effort to stay present and enjoy each moment. Whether you're lounging by the pool, cooking a meal, or simply sitting in the garden, take a deep breath and savor the experience.

Fill Your Own Bucket

After a busy school year, it's essential to take time to fill your own bucket before the next one begins. Focusing on your needs and well-being is not just okay—it's necessary. This summer, prioritize self-care and do things that rejuvenate you.



Fill your Bucket

What do YOU need this summer to fill your bucket?



Self-Care Quiz

This simple quiz will help you identify areas you could make adjustments to improve your well being.

	Yes.	No
I get enough sleep and I feel fresh while working	☐	☐
I eat healthy foods	☐	☐
I spend quality time with my family on the weekend	☐	☐
I work well even when I feel tired	☐	☐
I drink a minimum of 2L of water per day	☐	☐
I take time to move by body with exercise or gentle stretching	☐	☐
I ask for help with household chores	☐	☐
I spend time with friends	☐	☐
I feel happy and healthy	☐	☐

What is Self-Care?

I get it! In the hustle and bustle of daily life, it's easy to put your needs last. You've heard it before but... Self care isn't a luxury! It's a necessity! When you neglect your own needs, you risk burnout, stress, and even physical health issues. By taking time for yourself, you replenish your energy, improve your mood, and enhance your overall well-being. This enables you to be more patient, present, and effective in your roles as a mother, partner, and friend.

While spa days and vacations are wonderful, they aren't always practical or necessary for daily self care. The non-sexy self care is the most sustainable and effective way to take care of yourself. These simple practices help create a stable foundation for your well-being, allowing you to better support your family and handle the demands of everyday life.

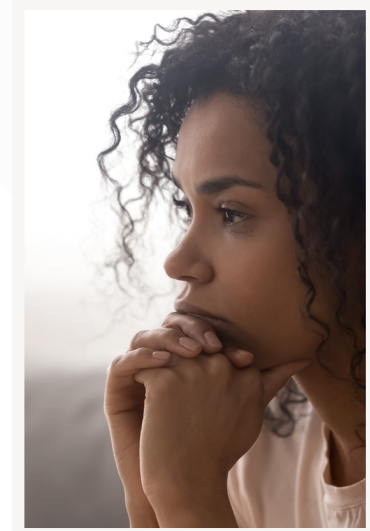


STEP 1

Reflect

Take a moment to look back at the school year. Celebrate the wins! What did you learn from the challenges? Celebrate the lessons learned and the memories made.

Reflect on past summers. What did you love, what would you like to improve, what bucket list items do you want to check this summer?



STEP 2

Plan

Grab your calendar and schedule in your work hours, vacation days, and your YOU time activities!



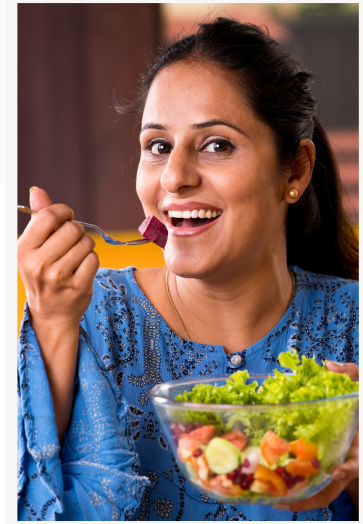
The Pillars of Wellness

STEP 3

Eat Well

Summer is ideal for eating fresh, nutrient-rich foods like leafy greens, lean proteins, and hydrating fruits. Seasonal produce such as berries and cucumbers can boost energy and skin health, while staying hydrated helps maintain overall well-being.

Check out my favourite summer salads on Pinterest [here](#).



STEP 4

Move Well

Summer is perfect for staying active outdoors with activities like hiking, swimming, and biking. This is the season to do what you love to move your body daily. Staying hydrated and exercising during cooler parts of the day enhance comfort and safety.

STEP 5

Think Well

Summer is a great time to cultivate a positive mindset by practicing mindfulness, enjoying nature, and setting aside time for relaxation. Engaging in outdoor activities, meditating, and focusing on self-care can boost mental clarity and emotional well-being. Here's my top [self care reads](#).



STEP 6

Connect Well

Family reunions, camping trips with friends, an outdoor movie night! Engaging in outdoor gatherings and shared hobbies can strengthen relationships and enhance emotional well-being.



STEP 7

Sleep Well

Summer offers extra energy with longer days and more sunlight, boosting our mood and vitality. This natural increase in daylight encourages more outdoor activities and helps regulate our sleep-wake cycle, enhancing overall well-being.



STEP 8

Summer Skincare

Summer skincare is all about protection and hydration. Keep your skin glowing by staying hydrated, applying a broad-spectrum SPF daily, and wearing a wide-brimmed hat for extra sun protection. I am loving the [YOUTH regimen!](#)



STEP 9:

Bonus: Journal

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STEP 10:

Bonus: Get Grounded

Grounding, or earthing, is a simple yet powerful wellness practice. By walking barefoot, laying in the grass, or getting your hands dirty in the garden, you can reconnect with the earth's natural energy. This practice reduces stress, enhances mood, and promotes overall well-being, bringing a sense of calm and rejuvenation reminiscent of carefree childhood days.



Summer Hydration



SO HOW DO YOU GET IN 3L OF WATER EVERY DAY?

- Fill a water bottle and set it beside your bed the night before.
- Immediately upon waking have a drink! Aim to drink at least 500ml within the first hour of waking up.
- Fill 3- 1L water bottles in the morning. Always have one with you.
- Aim to drink another litre to litre and a half by noon.
- After lunch, continue to sip water throughout the afternoon. Aim to drink another 500ml before supper.

**TRY THESE FUN RECIPES
TO LIVEN UP YOUR
HYDRATION
EXPERIENCE!**

BLUEBERRY LIME

Directions: Put all ingredients in a large jar or bottle. Let it sit in the fridge for a few hours or overnight.



1 cup
blueberries

+



2 limes,
sliced

+



3 cups water
(filtered water, coconut water,
or soda water)

GRAPEMARY GODDESS

Directions: Put all ingredients in a large jar or bottle. Let it sit in the fridge for a few hours or overnight.



1 grapefruit
sliced

+



1 lime,
sliced

+



5- 10 sprigs
fresh rosemary

+



3 cups water
(filtered water, coconut water,
or soda water)

DIGEST AND ZEN

Directions: Put all ingredients in a large jar or bottle. Let it sit in the fridge for a few hours or overnight.



1 tsp ginger,
grated

+



1 lemon,
sliced

+



1/2 cucumber,
sliced

+



2 Tbsp
mint

+



3 cups water
(filtered water, coconut water,
or soda water)

RISE AND SHINE

Directions: Put all ingredients in a large jar or bottle. Let it sit in the fridge for a few hours or overnight.



1 lemon,
sliced

+



1 lime,
sliced

+



1 orange,
sliced

+



2 Tbsp mint,
chopped

+



3 cups water
(filtered water, coconut water,
or soda water)

Sample Strength Training Program

MONDAY

- 12 squats X3
- 12 pushups x3
- 12 lateral raises X3
- 10 tricep dips X3
- 20 step ups X3
- 12 backward lunges (6 each leg) X3
- 10 dumbbell overhead tricep extensions X3

TUESDAY

- 12 forward lunges (6 each leg) X3
- 12 dumbbell hammer curls x3
- 12 glute bridges X3
- 12 bicep curls X3
- 12 dumbbell rows) X3
- 12 stiff leg deadlifts X3

WEDNESDAY

- 20 minute brisk walk
- 12 Oblique Crisscross (6 each side) X3
- 30 second plank hold X3
- 12 dead bugs (6 each side) X3

THURSDAY

- 12 squats X3
- 12 pushups x3
- 12 lateral raises X3
- 10 tricep dips X3
- 20 step ups X3
- 12 backward lunges (6 each leg) X3
- 10 dumbbell overhead tricep extensions X3

FRIDAY

- 12 forward lunges (6 each leg) X3
- 12 dumbbell hammer curls x3
- 12 glute bridges X3
- 12 bicep curls X3
- 12 dumbbell rows) X3
- 12 stiff leg deadlifts X3

SATURDAY AND SUNDAY

- Rest

Mindful Movement Resources

Pilates:



Have you ever wanted to try Pilates? My [5 Day Introduction to Pilates Mat Challenge](#) will get you on the path to moving well.

Yoga:



Yoga with Adriene is my favourite online yoga resource. Join this [30 day Yoga Camp](#) or try any of the free videos on her channel.

It's time to prioritize Sleep

How many hours do you sleep every night? _____

Here's 10 tips for a great nights sleep:

1. **Establish a regular sleep schedule:** Try to go to bed and wake up at the same time every day (even on weekends). This will regulate your body's internal clock and promote better sleep.
2. **Create a comfortable sleep environment:** Ensure that your bedroom is cool, quiet, and dark. Use curtains or blinds to block out any external light and consider using earplugs or a white noise machine to minimize noise disturbances.
3. **Invest in a supportive mattress and pillows:** Your bed plays a crucial role in your sleep quality. Choose a mattress and pillows that provide adequate support and comfort for your body.
4. **Avoid stimulating activities before bed:** Minimize exposure to electronic devices such as smartphones, tablets, and computers before bedtime. The blue light emitted by these devices can interfere with your sleep. Instead, engage in relaxing activities like reading a book or taking a warm bath.
5. **Create a bedtime routine:** Establish a relaxing routine before bed to signal to your body that it's time to wind down. This could include activities like listening to calming music, practicing relaxation techniques, or engaging in light stretching.
6. **Limit caffeine and alcohol intake:** Avoid consuming caffeine (found in coffee, tea, chocolate, etc.) and alcohol close to bedtime, as they can disrupt your sleep patterns and make it harder to fall asleep.
7. **Exercise regularly:** Engaging in regular physical activity during the day can promote better sleep. However, avoid intense exercise too close to bedtime, as it may increase alertness and make it harder to fall asleep.
8. **Manage stress and worries:** If you find your mind racing with thoughts or worries at night, try incorporating stress management techniques into your routine. This could include journaling, meditation, or deep breathing exercises to help calm your mind before sleep.
9. **Avoid heavy meals before bed:** Eating a large, heavy meal close to bedtime can cause discomfort and indigestion, making it difficult to sleep.

Daily Gratitude Journal

YOUR THOUGHTS FOR TODAY

CELEBRATE YOUR WINS. YOU ARE AMAZING.

Create a Summer morning ritual

Summer is the perfect time to indulge in a restorative morning ritual. There are no school lunches to make, no kids to drive to school.

1. Wake up naturally
2. Hydrate
3. Meditate/Pray and set your intention for the day
4. Shower and skincare routine
5. Healthy breakfast
6. Coffee on the deck
7. Gentle yoga session
8. Plan your day

Use the space below to write out your morning ritual.





Weekly Review

After a week of doing the self-care hacks, write your review below!

WHAT HAVE I ACHIEVED?

WHAT HAVE I LEARNED?

WHAT IS MY FUTURE PLAN AS A BUSY MOM?

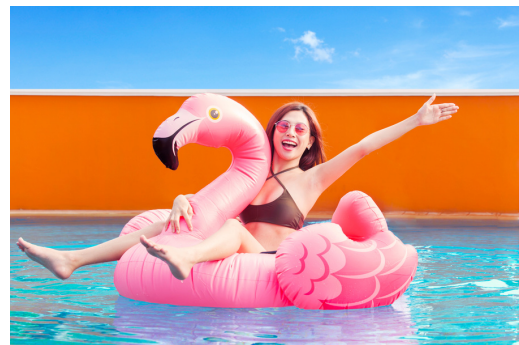
Remember Her?

Remember the carefree summer days of childhood? When you woke up with a zest for exploration and lived each day to your fullest. It IS possible to feel that again! Summer is the perfect time to set new goals and explore hobbies that reignite the excitement and zest you felt as a child. Embrace activities that spark joy and curiosity. It's a chance to break free from routine and discover new passions. Whether it's learning to paint, taking up gardening, exploring a new city, or just treating yourself to ice cream we need to have FUN!

Let this summer be your canvas, full of opportunities to play, explore, and grow, reconnecting with the boundless enthusiasm of your youth.



Summer Fun List



What are you putting on your
summer FUN list?

Final Thoughts

Embrace these summer months as an opportunity to rejuvenate, rediscover your passions, and reconnect with your inner self. Create simple habits now that you can take into the busier months ahead.

. Every small step you take towards self-care and wellness is a step towards a more vibrant and fulfilled life. Celebrate your progress, no matter how small, and be kind to yourself along the way.

Stay curious, stay active, and most importantly, stay true to yourself. Enjoy the warmth of the sun, the beauty of nature, and the joy of new experiences. Let this summer be a time of renewal and empowerment.

Here's to a wonderful summer of wellness and self-discovery!

Stay connected. I invite you to follow me on social media.

