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The Art of Slow Living

BUSY WOMEN
EDITION



A CURATED MENU DESIGNED TO NOURISH
YOUR BODY, MIND & SOUL

LHW WELCOME!

FOR BUSY WOMEN AND WORKING MOTHERS, ADOPTING SLOW LIVING DOESN'T MEAN GIVING UP AMBITION; IT MEANS ALIGNING YOUR LIFE WITH YOUR VALUES, PRIORITIZING WELLBEING, AND FINDING JOY IN THE PRESENT MOMENT.

INSPIRED BY THE PRINCIPLES OF SLOW LIVING, THIS GUIDE IS A REMINDER TO PAUSE, BREATHE, AND EMBRACE INTENTIONAL LIVING, HELPING YOU LEAD YOUR LIFE WITH BALANCE, JOY, AND AUTHENTICITY.

HOW TO USE THIS SELF-CARE GUIDE:

THIS SELF-CARE MENU OFFERS A VARIETY OF ACTIVITIES TAILORED TO NOURISH YOUR FEMININE BEING AS A MOTHER. CHOOSE ONE OR A FEW EACH DAY, AND APPROACH THEM WITH INTENTION. REMEMBER, THIS ISN'T ABOUT DOING MORE - IT'S ABOUT DOING WHAT MATTERS MOST.

MUCH LOVE,
MIRIAM,
FOUNDER OF LHW





THE CONTENT



- START YOUR DAY RIGHT
- BE PRESENT
- MOVE WITH JOY & INTENTION
- EAT CLEAN & WITH YOUR CYCLE
- REST TO RESET
- WORK SMARTER



1. Start Your Day *Right*

Mornings set the tone for your entire day. A slow, intentional start doesn't mean waking up at the crack of dawn; it means carving out even 10-15 minutes to ground yourself before the demands of the day begin.

Why It Matters:

- A peaceful morning reduces stress and improves focus.
- Centering yourself first helps you show up as a calmer, more present mother and professional.

Morning Rituals for Working Moms:

1. **Hydrate:** Start with a glass of water to rehydrate after sleep and boost your energy.
2. **Micro-Movement:** A 5-minute stretch or yoga flow can help you release tension and wake up gently.
3. **Set Intentions:** Jot down your top 3 priorities for the day—this keeps you aligned even when life gets busy.
4. **Gratitude Practice:** Reflect on 1-2 things you're thankful for to cultivate positivity.

Pro Tip for Moms:

If your mornings are hectic, involve your kids in a shared moment of mindfulness—like deep breathing or stretching together.



“The way we start our day determines how we create our life.”

— Hal Elrod 2

2. *Be Present*

With so many tasks competing for your attention, it's easy to feel disconnected. Being present allows you to savor meaningful moments with your family, focus at work, and experience life more fully.

Why It Matters:

- Presence strengthens relationships and reduces stress.
- It helps you focus on what truly matters, both at work and home.

How to Cultivate Presence:

1. **Single-Tasking:** Focus on one task at a time instead of multitasking.
2. **Sensory Check-Ins:** Pause and notice what you see, hear, and feel to bring yourself back to the moment.
3. **Tech-Free Zones:** Set boundaries for screen time, like no phones during meals or family time.
4. **Gratitude Reflections:** At the end of each day, reflect on one special moment you experience.

Pro Tip for Moms:

Turn everyday activities into mindfulness opportunities be fully present while reading with your child, cooking, or even folding laundry.

**“You can’t stop the waves,
but you can learn to surf.”**
— Jon Kabat-Zinn



3. Move with *Joy* & Intention

Movement isn't just about fitness—it's about finding joy and connecting with your body. By syncing your movement with your menstrual cycle, you can honor your energy levels and support your hormonal health.

Why It Matters:

- Movement reduces stress, improves mood, and boosts energy.
- Cycle-syncing ensures you work with your body, not against it

How to Move with Your Cycle:

1. **Menstrual Phase** (Days 1-5 of your period):

Prioritize rest or gentle stretching to recover.

2. **Follicular Phase** (Day 6-13):

Your energy is rising—try strength training, dancing, or cardio.

3. **Ovulatory Phase** (Day 14-17):

Peak energy—opt for high-intensity workouts like HIIT or group classes.

4. **Luteal Phase** (Day 18-28):

Energy declines—focus on yoga, Pilates, or walking.

Pro Tip for Moms:

Involve your kids in joyful movement—dance parties, park play, or family walks count as exercise, too!

“Move your body because you love it, not because you hate it.”

— Tara Stiles



4. Eat *Clean*

By tailoring your nutrition to align with your cycle, you can support your body's unique needs and feel your best at every phase.

Why It Matters:

- Cycle-specific eating supports hormonal health, reduces PMS symptoms, and boosts energy.
- It helps your body adapt to natural fluctuations in nutrient needs throughout the month.

How to Eat Clean & With Your Cycle:

1. Menstrual Phase (Days 1-5):

Focus on warm, nourishing foods like soups, stews, and iron-rich foods (e.g., spinach, lentils) to replenish energy and support blood loss.

2. Follicular Phase (Days 6-13):

Eat light, fresh meals with plenty of leafy greens, healthy fats, and lean proteins to support rising estrogen levels and energy.

3. Ovulatory Phase (Days 14-17):

Opt for antioxidant-rich foods like berries, nuts, and seeds to support your body during peak energy and ovulation.

4. Luteal Phase (Days 18-28):

Prioritize magnesium-rich foods (e.g., dark chocolate, bananas) and complex carbs to combat fatigue and cravings.

Pro Tip for Moms:

Plan Ahead: Batch-cook meals that fit your cycle phase, like hearty soups during your period or grain bowls during your follicular phase.

“What you eat can either be the safest and most powerful form of medicine or the slowest form of poison.”
— Ann Wigmore Would



5. Rest to *Reset*

Rest to Reset Rest is not indulgent; it's essential. In a world that glorifies productivity, slowing down to rest can feel revolutionary—and as a working mom, it's your secret weapon for balance.

Why It Matters:

- Rest prevents burnout and supports mental clarity.
- It allows your body to recharge so you can show up fully for your family and work.

How to Prioritize Rest:

1. Evening Rituals:

Create a calming wind-down routine—dim lights, sip herbal tea, or journal.

2. 5-min Belly Breathing:

Inhale deeply through your nose to fill your belly with air and exhale slowly through your mouth, letting your stomach fall. Repeat a couple of times.

3. Screen-Free Bedtime:

Turn off devices one hour before bed to improve sleep quality.

4. Micro-Breaks:

Take short breaks throughout the day to breathe, stretch, or simply pause.

Pro Tip for Moms:

Teach your kids the importance of rest by modeling quiet time. Make it a family practice to unwind together.



“Rest and self-care are so important. You cannot serve from an empty vessel.” — Eleanor Brownn

6. *Work Smarter*

Slow living doesn't mean giving up ambition; it means working intentionally so you can achieve more with less stress.

Why It Matters:

- Smart work increases efficiency and reduces overwhelm.
- It creates space for what matters most—your family and well-being.

Strategies for Working Smarter:

1. Prioritize:

Use the 80/20 rule to focus on tasks that deliver the greatest impact.

2. Batch Tasks:

Group similar tasks to save time and mental energy.

3. Set Boundaries:

Create clear work hours and stick to them.

4. Delegate:

Offload tasks where possible—both at work and home.

Pro Tip for Moms:

Integrate family time into your schedule like a meeting—it's non-negotiable.

“Don't get so busy making a living that you forget to make a life.” — Dolly Parton



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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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THANK YOU
YOU'RE AWESOME!

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