

Things to do for momma

by: Donna Scott

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Sometimes, we as women get all caught up in caring for everyone else that we forget to take care of ourselves. But, we are probably the most important person to care for. Because if we are too tired, stressed, or sick then we can't care for anyone!

Here is a short list of things you should do everyday to help take care of momma.

- Have a quiet time with God every morning to meditate on God's word and to pray. This is vital. It improves your attitude and outlook on the day, and draws you closer to your heavenly Father.
- Pamper yourself each day in some small way. Like a long hot shower, or bubble bath before bedtime, with lots of good smelling stuff!
- Stick to your To-Do list. It will help you get more done each day, and you will feel a sense of accomplishment.
- Keep a journal. Write at the end of each day, vent your feelings, or keep a prayer journal. It's good for the soul, and your mind can then rest better at night.
- Eat healthy. Choose your food wisely, for better nutritional value, and that will give you more energy.
- Do something just for you. A hobby, or even a treat. Read a book, call a friend, or maybe go shopping. You choose!

Get enough sleep each night. This too is very important. You will feel so much better in the morning if you have had adequate rest.

Just doing these seven simple things, can make a huge difference in how you feel. You will be a better wife and momma too! Because you will have the energy needed to care for your family. Take care of momma, cause if momma ain't happy, ain't nobody happy!

Donna Scott is a Christian, wife, mother and writer living in beautiful North Georgia with her husband, and their six children. She writes to encourage women everywhere to be all God has called them to be. If you need encouragement as a wife, mother, or just being a woman, visit her at www.Donna-Scott.com

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