



SHIFT

My One-Hour Wellbeing Plan:

A NESTS-inspired guide for new moms

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NESTS for Well-Being

Dear mom, the term “NESTS” can help you remember the essentials of well-being. You deserve care that feels accessible and grounded in your real day-to-day.

Use this space to jot down ideas or routines that help reduce stress and bring balance. It's the small steps that *truly* matter.

N
Nutrition

E
Excercise

S
Sleep

T
Time for
yourself

S
Support

NUTRITION Nourish your body with simple, nutritious foods and drink water when you can. *Ideas that support me: favourite snacks, a filled water bottle, easy meals, asking friends or family for freezer-friendly dishes.*

EXERCISE Gentle movement can lift your mood, boost energy, and ease stress. *Ideas that support me: a walk, yoga, moving with baby in a carrier or stroller, asking my partner/support to take over while I get active.*

SLEEP & REST Rest whenever possible and give yourself permission to recharge. *Ideas that support me: resting during baby's naps, asking for help with bedtime or morning routines, inviting a friend or family member over so I can nap.*

TIME FOR YOURSELF Carve out small moments for activities that bring you joy and calm. *Ideas that support me: hobbies, a bath, reading, connecting with others, asking my partner/support for solo time on weekends.*

SUPPORT You don't have to do this alone. Every parent needs support. *Ideas that support me: people who can help with childcare or meals, those who offer emotional support, local parent groups I can lean on.*

WHAT IS ONE THING YOU CAN TRY THIS WEEK FOR YOUR WELL-BEING? 🙋