

# Welcome!

*Hi Beautiful Mama,*

I'm Marisa Haidar, your dedicated integrative health practitioner.

I understand the challenges of motherhood and how difficult it can be to prioritise your own needs. But mama, let me tell you, prioritising **\*yourself\*** is essential to finding joy in your daily life, no matter the circumstances.

## Why Self-Love is Essential

Self-love isn't just a luxury—it's a necessity. It allows you to recharge, rejuvenate, and show up as the best version of yourself for your family. By making self-love a priority, you'll discover newfound energy, peace, and fulfillment in motherhood.

## Small Steps, Big Changes

Self-love should be at the top of your to-do list, but I don't want you to feel overwhelmed. Start small. Incorporate one routine at a time and gradually build from there. Listen to your intuition—it's your best guide on this journey. And most of all have fun mama ~

With love and support,

*Marisa Haidar*



As an integrative health practitioner and reiki healer, I help busy mamas go from adrenal exhaustion to thrive with wholefoods and natural health solutions. From preconception to postpartum, I provide personalised coaching & self love practices, healthy wholefood cooking workshops and nourishing recipes to support your family's wellness journey.

# Your Self-LOVE guide to break the exhaustion cycle!

## MAMAS PATH TO SELF LOVE & WELLNESS



### Start a ritual:

Rituals can be highly effective in your self love journey. This is because repeating a similar activity again and again, is the best way to reprogram your subconscious mind.

- ♡ Aim to rise before your family, light a candle or incense to clear the energy and give yourself - 15 mins sit in meditation or prayer.
- ♡ Get your face out in natural sunlight - set up your circadian rhythm only need 10-15 mins daily.
- ♡ Enjoy a warm glass of lemon water or your favourite herbal tea.



### Nourish your temple

- ♡ Think warm slow cooked meals and include protein, fats and fibre. Give yourself 3 nourishing meals a day with lunch being your largest as its when digestion is at its peak. (providing your not stressed)
- ♡ Give gratitude to your meal your about to nourish your body with, take 3 deep breaths before you eat.



### Create a calming nighttime routine for optimal sleep.

- ♡ No screens 1 hour before bed.
- ♡ No blue lights after sun goes down.
- ♡ Gratitude journal - 3 things you're grateful for or self WINS every night.
- ♡ Consistent bedtime to regulate your bodys internal clock.



### Daily self check in

- ♡ Take short breaks where possible, ground yourself in nature by going for walks or your favourite spot (mine is the forest).
- ♡ Set healthy boundaries. Its either "hell yes" or a "hell no" tune into this. If a no, say thank you for asking another time. (NO reason to give excuses, no means no).
- ♡ Give yourself permission to have a rest day, when you feel the exhaustion creeping, dont plan or schedule anything. Rest is best, honour your temple mama.

# Make yourself a priority



Incorporating self-love into your daily routine starts with small yet powerful steps. No matter where you are on your motherhood journey if you begin by focusing on one practice at a time, such as prioritising sleep. Listen to your intuition and gradually expand your practices as you feel ready. By prioritising self-love, you will find more energy, joy, and fulfillment in motherhood. Always remember, taking care of yourself is the best way to take care of your family. It is one of the greatest gifts you can teach your children, how important it is to slow down and take care of your well-being.

“life doesn’t come with a manual, it  
comes with a mother”



## WORK WITH ME

IF YOU'RE READY TO DIVE DEEPER AND TRANSFORM YOUR LIFE, I HAVE EXCITING NEWS! \*\*BOOKINGS WILL BE OPENING UP SOON. STAY ON MY LIST FOR THE LATEST NEWS AND UPDATES\*\* ABOUT WORKING WITH ME. TOGETHER, WE CAN CREATE A PERSONALISED PLAN THAT SUITS YOU IN YOUR SEASON OF LIFE, SELF-LOVE ROUTINE TAILORED TO YOUR UNIQUE NEEDS AND MUCH MORE.

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WITH LOVE & SUPPORT,  
MARISA HAIDAR