

The Zen Starter Kit

Top 10 Zen Habits for Busy Working Parents

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Top 10 Zen Habits for Working Parents

1. Morning Mindfulness: Start your day with 5 minutes of quiet breathing.
2. Digital Boundaries: Turn off non-essential notifications after 6PM.
3. Walk-and-Talk: Take calls while walking outside to recharge.
4. Batch Tasks: Group emails, errands, and messages into blocks.
5. One-Screen Rule: No dual screens during family meals or bedtime.
6. Gratitude Micro-Journaling: Write 2 things you're grateful for before bed.
7. Zen Music Timer: Set calming music for short focus sprints (20 min).
8. Intentional Breaks: 5-min tech-free pauses every 90 minutes.
9. Sunday Setup: Take 20 mins to prep your weekly Zen game plan.
10. Say No Gracefully: Decline non-essential commitments guilt-free.