

When You're Feeling Overwhelmed





A Gentle Reset for Mamas

Name It...

- Frustrated
- Exhausted
- Unseen
- Sad
- Touched out
- Anxious
- Numb
- Burned out
- Unappreciated
- On edge
- Bitter
- Snappy

Pause

I give myself permission to...

-  Step outside for 3 minutes
-  Put on calming music
-  Cry without guilt
-  Take a luxurious bath, just for me
-  Text a friend for connection
-  Let the kids watch a show
-  Leave the dishes for later
-  Cancel something without guilt

Repair

When I'm ready, I'll...

- Offer a hug or a redo
- Say: "I got overwhelmed. I'm working on it"
- Write down what helped today
- Celebrate one small win—even if it's "I paused before yelling" or "I drank my tea warm"

 You're doing better than you think

