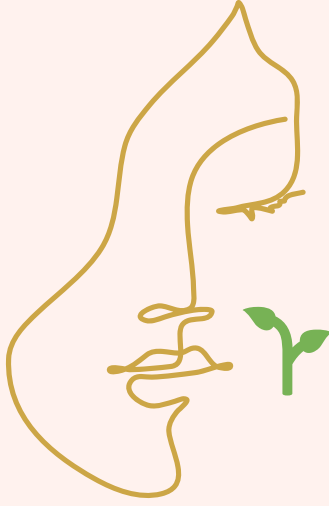


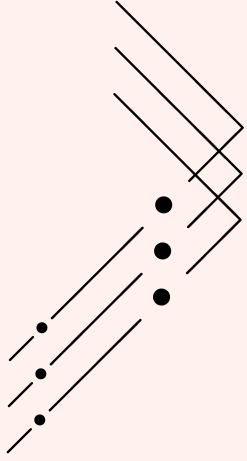
The  
MOM  
RESET  
GUIDE

---

*"There's strength in every reset...  
this guide is made for you "*



# Gentle Disclaimer



*This guide is for gentle support  
and inspiration only.*

It is not a substitute for professional  
medical, psychological, or  
safety advice.

Please listen to your body and intuition.

*Use your judgment when choosing  
any reset ideas.*

Consider your physical space, surroundings,  
and current energy.

*Skip what doesn't feel right – or safe.*

Take only what feels uplifting and supportive.



*"Start small. Start safe. Start soft"*



# Welcome To Your Gentle Reset, Mama

*Mama,*

*If you've been feeling  
like you're barely hanging on,  
you're not alone.*

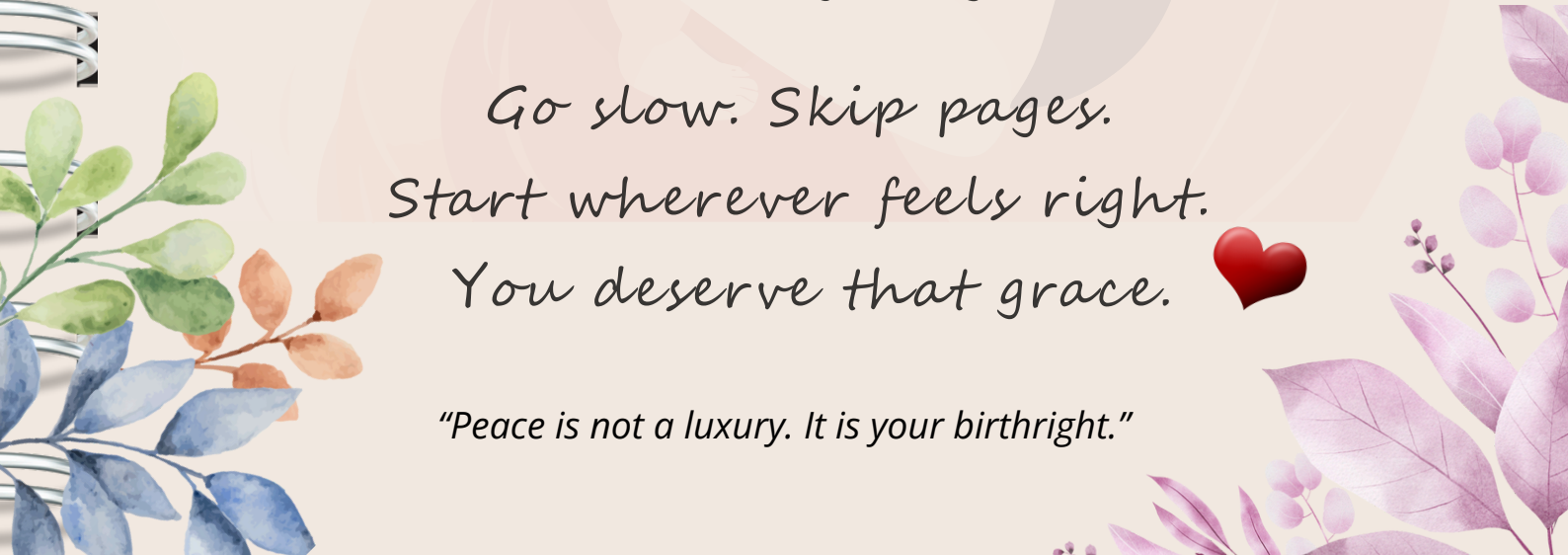
*This guide isn't here to fix you —  
it's here to gently remind you:  
You are already worthy of  
rest, love, and softness.*

*Let this space be your  
breath between the chaos.  
There's no wrong way to use it.*

*Go slow. Skip pages.  
Start wherever feels right.  
You deserve that grace.*



*"Peace is not a luxury. It is your birthright."*



# How To Use This Guide



## Go At Your Own Pace

This guide was made to meet you where you are.

There are no deadlines, no pressure.

Take 3 minutes or 30 --- whatever you can spare.

Use one page, or all of it. Skip around. It all counts.



## Choose What You Need Today

You'll find emotional check-ins, reset tools, reflection prompts, and simple play ideas.

There's no "right" order.

Start with what feels most supportive today.



## Print it or Use on Screen

You can print this guide or use it on your tablet or phone.

Tear-out tools and reset toolbox are in the back.

Use it in quiet moments --- or whenever you remember

*"There's no wrong way to reset. Start small. Start soft."*



# Only Have 3 Minutes?



## Do One of These...



### **Breathe**

Take three slow breaths

Inhale for 6. Exhale for 6.  
That's enough.



### **Hydrate**

Drink a glass of water slowly.

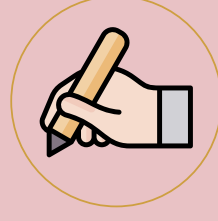
Let yourself pause while you do.



### **Music Reset**

Play one calming song.

Let it fill the room or your headphones



### **One Word**

Write one word that describes how you feel.

Just one is enough. You don't need to explain it.



### **Tiny Tidy**

Set a 2-minute timer.

Tidy one small spot: a drawer, table or basket.  
Stop when the timer ends.



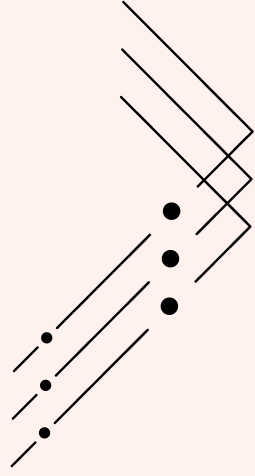
### **Silent Hug**

Hug your child, your partner ---  
Say nothing. Just feel the warmth.  
or yourself

*"A moment of peace counts more than a perfect plan."*

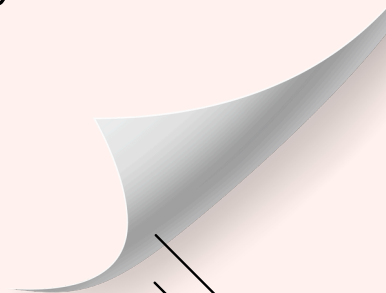


# HOW BURNT OUT AM I?



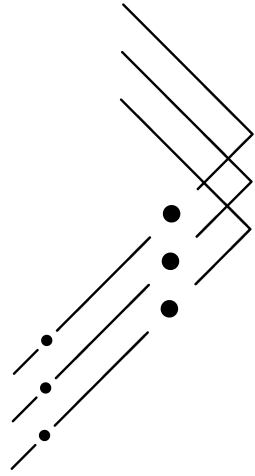
*Check all that feel true for you today.  
No judgment – just awareness.*

- I feel tired even after sleeping.
- I forget what I'm doing mid-task
- I snap, then feel guilty
- I feel invisible
- I love my child but want to hide sometimes.
- I dread simple routines
- I feel like I'm "on" 24/7
- I feel guilty... almost always





# TODAY, I FEEL



TIRED

ANXIOUS

NUMB

HOPEFUL

FRUSTRATED

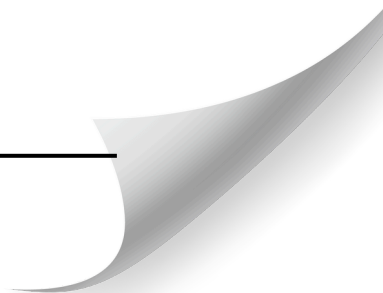
STRETCHED  
THIN

GRATEFUL

THANKFUL

—◆◆—  
**If I could name one need right  
now, it would be:**

---





# WHAT'S DRAINING ME RIGHT NOW?



*Without the guilt or fixing, name what's weighing on you today?*

- I'm always multitasking
- I'm touched out
- I haven't had alone time in weeks
- The house feels like it owns me
- 

---

*(Write anything here)*

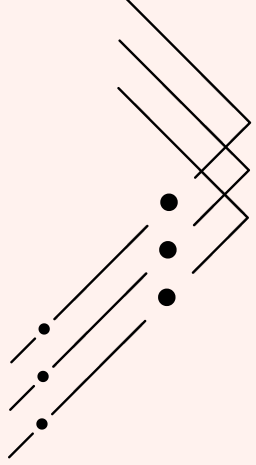
*Can I release or pause one of these today?*

*Can I ask someone to share one of these with me?*





# *Need a Quick Reset?*



Start Here:



## *Body*

Stretch  
for 90  
seconds

Drink a  
glass of  
water

Sleep  
outside  
for 1 min

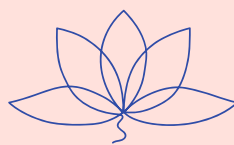


## *Mind*

Brain  
dump your  
stress

Say your  
thoughts  
aloud

Write 3  
things you  
did today



## *Heart*

Hug  
someone  
for yourself

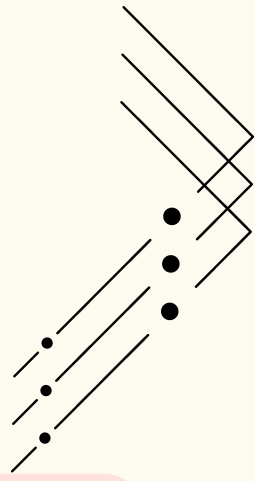
Look at  
your child  
and smile

Play a feel-  
good song





# My Go-To Reset



When I'm overstimulated, I  
can..

---

When I feel invisible, I will...

---

When I feel like yelling, I will...

---

A calming phrase I want to remember

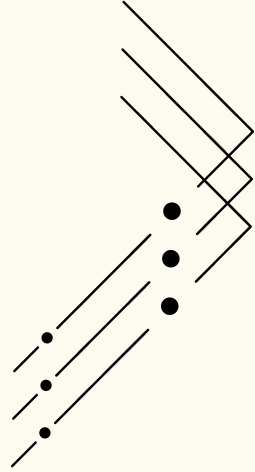
---

A song that soothes me:

---



# When It's All Too Much...



Put your hand on your chest.  
Feel it rise.

Step into another room, even  
for 30 seconds


Say "I'm safe. My child is safe."

Text a friend: "I'm not okay  
today."

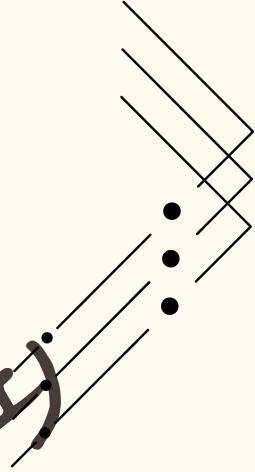
Put on your headphone, even if  
you don't play anything

Whisper, "This is hard. But I'm  
still here."

Choose 1 page from the guide.  
That's it.



# What I'm Holding (That No One Sees)



Your brain is full for a reason.  
You are carrying more than anyone sees –  
physical, emotional, mental, future  
planning. Write it here.  
No guilt. No solutions needed.



## Physical Tasks

*(Laundry, snacks, bedtime)*



## Mental To Dos

*(What to buy, plan, prep)*



## Emotional Labor

*(Regulating your child's  
emotions, calming others)*



## Future Worry List

*(School planning, upcoming  
holidays, Family Get together)*

*"You were never meant to hold it all alone."*





# What I Can Pause or Release (Just For Now):



Explaining every emotion to everyone



A spotless house



Home-cooked meals every night



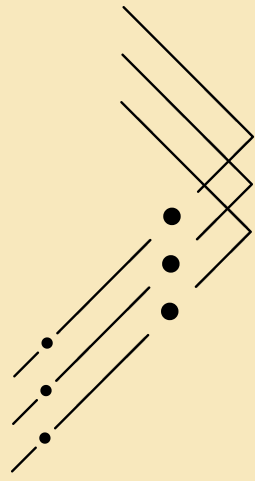
Responding to every message right away

*"Letting go is not giving up – it's choosing peace."*





# If You Want to Help Me Here's How...



Things I'd love help with:

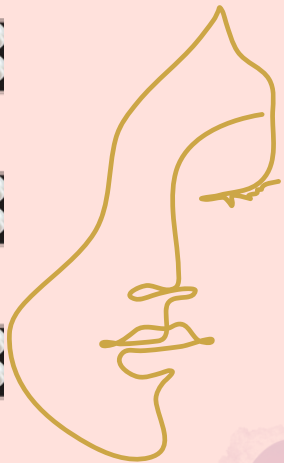
Meals I'll always say Yes to:

Words I really need to hear:

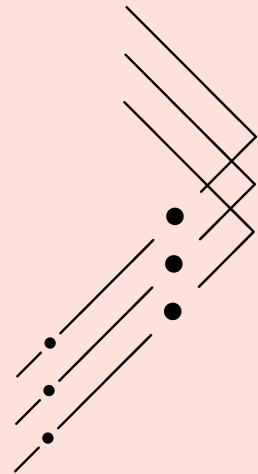
Chores that overwhelmed me:

What not to say:

*"You are allowed to ask for help – and be helped as well."*



# Reconnection with Self and Child



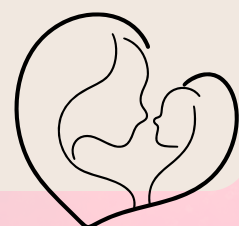
*Gentle prompts to ground yourself and re-engage with your little one – no pressure, just presence.*

## ***In One Word, I Need...***

### **A Small Moment with My Child**

- Watch them play and notice their face
- Say YES to one thing they want to do – even just for a minute
- Tell them a story when they're little
- Sit beside them and just be with them, in the moment

### ***One Thing I Enjoy Doing Together is ...***



*"Little moments, a million milestones..."*



# RESET REFLECTION

*A Space to Reflect, Release, and Reset.*



***I Feel Most At Ease When...***

***Something I've Been Missing..***

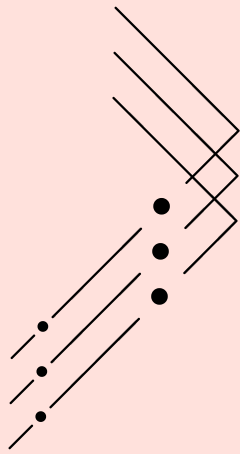
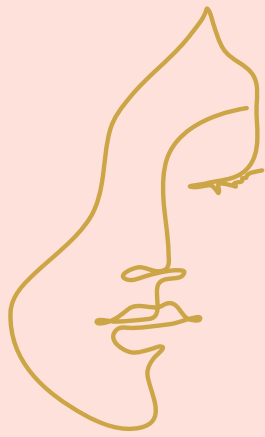
**To Let Go, I Can...**

- Forgive myself for caring for everyone else first
- Put away a project
- Cancel a commitment
- Say NO without guilt

***I'm Ready to Start With ...***



*"Clearing Space is not quitting. It's choosing peace."*



# Reset Quote & Affirmation Cards

*A Space to Reflect, Release, and Reset*

**“You are allowed to pause...”**

**I am not behind...  
I am in my own  
timeline.”**

**“I give myself permission to rest...”**

**“Small moments,  
big wins...”**

**“I matter - not for what I do, but simply because I exist...”**



# Reset Toolbox

*Gentle care doesn't need to be earned.  
This is your menu of calm*



## Mini Resets

(5 - 15 mins)

### Body

- Drink a glass of water slowly.
- Step outside, even for just a small walk
- Do some stretching
- Deep breathing -- inhale, exhale
- Wash face as daily cleansing routine

### Heart

- Light a candle and sit beside it
- Whisper a kind word to yourself
- Look at a photo that makes you smile



## Major Resets

(30+ mins)

### Body

- Take slow, unrushed shower
- Walk with no destination
- Lay down and do nothing (on purpose)

### Mind

- Turn off all notifications
- Journal your thoughts, uncensored
- Write a note of gratitude

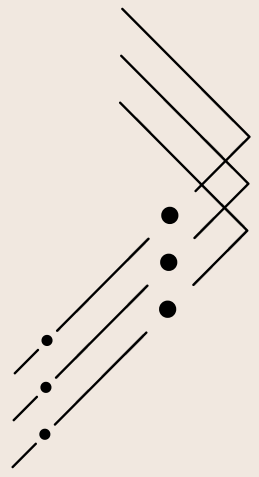
### Heart

- Call someone who "gets it"
- Make something (even imperfectly)

*"You don't have to do more to deserve rest.  
This is your permission slip."*



# A Letter to My Future Self



Dear Future Me,

Right now I want you to remember: You are doing your best – even when it feels that you're not doing enough.

You have made it through the hard days – days when you were running on empty and still you pushed through.

Please don't forget how strong you are, how far you've come.

You are not defined by your to-do lists, your moods, your mistakes.

You are held by your quiet strength, your resilience and your choice to begin again, even on the messy days.

You don't have to be perfect to be powerful, you don't have to have it all figured out to be worthy of peace and love.

So breathe, drink your water slowly.

Go outside and feel the warmth of the sun, hug your little one without the need to rush.

Let this letter be a reminder:

You are not behind.  
You are not broken.  
You are enough.

With grace,

Y O U 









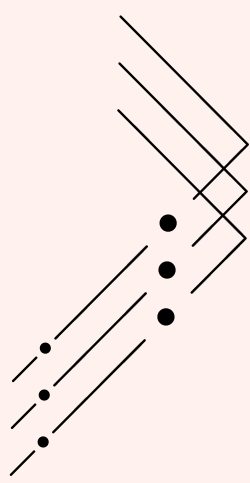








## A Soft Reminder Before You Go



This guide is not here to fix you — it's here to hold space for you.

But healing and rest look different every day.

Some days, a walk may feel grounding.

Other days, a deep breath is enough.

Some prompts may land gently.

Others may not. That's okay.

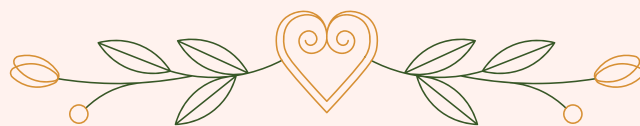
You don't have to finish everything.

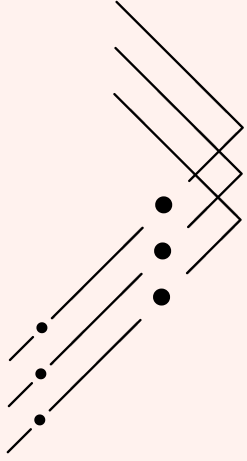
You don't have to follow every step.

You are the expert of your body, your needs, and your season.

Let this guide be your gentle companion,  
not your checklist

You are not alone.





# Thank You



❤️ *Thank you for showing up for yourself.  
It takes courage to pause, reflect, and reset—  
and you've done just that. Be proud of the steps  
you've taken, no matter how small.  
Every moment you chose yourself is  
a quiet act of bravery.  
You are strong.  
You are worthy.  
And you are never alone on this journey.*