

Evelation



# Busy Mom Mind & Body Reset

A simple “4-step daily system”  
to support your mental health &  
movement

[www.evelationnz.com](http://www.evelationnz.com)


# DAILY MIND & MOOD CHECK-IN



## 1. HOW AM I FEELING RIGHT NOW?

 Mind:

 Mood:

 Energy:

---

## 2. WHAT TRIGGERED MY STRESS TODAY?

☐ Kids / Overwhelm

☐ Work pressure

☐ Hormones

☐ Not enough sleep

☐ Social / Relationship

☐ Housework / Load

☐ Other:

---

## 3. WHAT DO I NEED RIGHT NOW?

☐ Movement

☐ Rest

☐ Fresh air

☐ Hydration

☐ Nourishing food

☐ A moment alone

☐ Connection

☐ Something fun

---

## 4. EVENING REFLECTION:

What went well today?

What can I reset for tomorrow?

# STRESS RESET TOOLS

## 1. 10-DEEP-BREATH RESET

Inhale 4 – Hold 2 – Exhale 6

(Repeat 10 times)

---

## 2. 45-SECOND BODY SHAKE

Release tension → shake arms, legs, shoulders.

---

## 3. BOX BREATHING

Inhale 4 → Hold 4 → Exhale 4 → Hold 4

(Repeat 4-6 rounds)

---

## 4. QUICK GROUNDING EXERCISE

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

---

## 5. 2-MINUTE RESET WALK

Step outside → breathe → reset.



# WEEKLY TRAINING PLAN



## MY WEEKLY WORKOUT SCHEDULE

Day	Workout	Time	Notes
Monday			
Wednesday			
Friday			
Bonus Movement			

## WEEKLY WINS:

## WEEKLY MOOD SUMMARY: