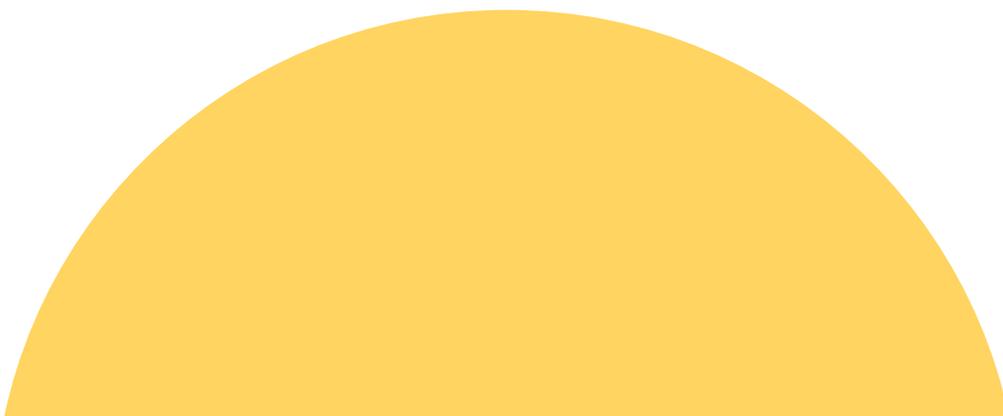


MOM BURNOUT

Workbook



"You carry the passport to your own happiness."

DIANE VON FURSTENBERG

Feeling drained? Irritable? Is your passion for motherhood not what it used to be?

Motherhood is tiring business. Please don't feel guilty if you're not at your best self right now. We often give so much to our little ones that we can neglect ourselves. Use this workbook to help reset your balance and get back into the habit of giving yourself the time and attention you need to thrive.

You and your family will benefit when you're making a point to take care of yourself. Even if things seem hard at the moment, please know they can get better. This workbook is designed to walk you step by step through changes to help get you get back on track to living your best mom life.

Alright, now let's get down to business of nourishing you! Print out the workbook for easy completion. If you don't have access to a printer, you can write the exercises in a journal or on regular paper.

This workbook was created from one mom to another and is not intended as a substitute for professional help. If you're concerned about your mental health, please reach out to a healthcare professional or licensed counselor. There is no shame in getting help, and it can make a world of difference.

Set Your Intentions



I'm completing this workbook because:

What is your goal for your life as a mom?

(If you're not ready to answer this yet, come back to it later.)

What type of mom do you want to be remembered for being?

Self Check-In

Let's see how you're feeling about life lately. Take a few quiet moments to reflect and be honest with yourself. Don't worry about solving anything yet. Just get it out there.

What are 3 words to describe how you've been feeling over the last week?

Describe the two biggest challenges you currently face as a mom:

1.

2.

What is one thing you wish were different about your life as a mom?

Make Self-Care a Priority

What is self-care?

Self-care is an activity done with the purpose of promoting your own happiness and well-being. It doesn't have to be complicated or fancy. It can take just minutes. Self-care looks different for everyone because we have individual needs and preferences. There is no template or one size fits all. It's about doing the little things that refill your cup as a person.

Why is self-care important?

The concept may seem simple, but regular self-care can have a big impact. For moms in particular who spend so much of their time caring for others, self-care is what can keep you from feeling exhausted and empty. You need these moments of brightness in your day to carry you through the stresses you face.

Kick off your self-care habit

Try practicing regular self-care for the next 2 weeks and hold yourself accountable. Use the calendar on the next page to write down one thing you did for self-care each day. If you didn't do anything for self-care that day, write down why. Check out the self-care ideas on the right for inspiration, but don't feel limited by this list.

Self-Care Ideas

- Go for a walk outside
- Take a nice bath
- Read a book or magazine
- Sip a favorite beverage
- Talk to a friend
- Spend time on a hobby
- Gaze at the stars
- Enjoy some quiet time
- Do some stretching or yoga
- Take a nap
- Listen to a song you love
- Look at silly videos or pictures
- Relax at a coffee shop
- Meditate
- Write in a journal
- Watch a movie
- Snuggle with a loved one
- Color, paint, or draw



Week 1

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Week 2

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Assessment

Put a star next to 4 activities you enjoyed the most in the calendar above. What are some things you still want to try? Did anything get in the way of your self-care practice? What can you do about it? Don't feel guilty about taking some time for you!

Self-care can be easy to neglect. Use this experience to build it into your regular routine. See if you can make it such a habit that you naturally create rejuvenating moments for yourself. Check in periodically to see how you're doing, and if you're feeling extra stressed, add more self-care time.

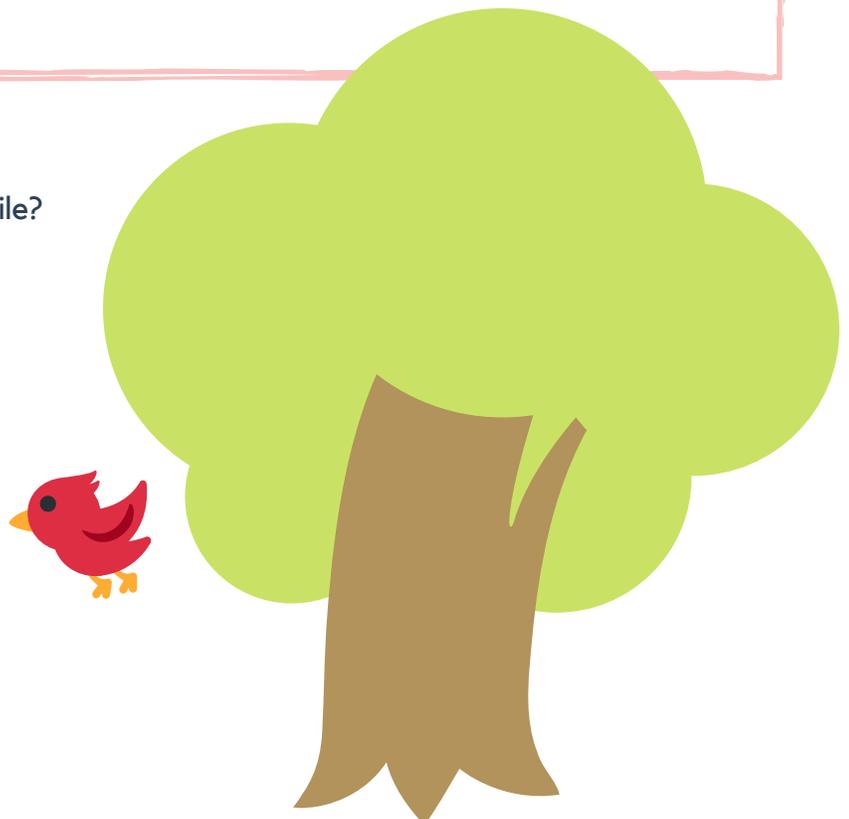
Recover Your Passion

Draw a picture of the thing you love most about being a mom.



What are 3 things that always make you smile?

- 1.
- 2.
- 3.



Practice Gratitude

When life feels overwhelming, training yourself to notice the little things you appreciate can gradually shift your mindset. Every day for 2 weeks, try writing down one thing you were grateful for that day. It's as simple as it sounds!

Week 1

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Week 2

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Assessment

How did you feel about this exercise? What did you start to notice?

Declutter Your Schedule

In a word, describe your schedule:

What is something you wish you had time for?

What would you need to make this happen?

Schedule Cleanout

Use the table below (continued on next page) to make a list of all the things you spend time on every week. Put a heart next to the things that you feel add value to your life (they nourish you or align with the goals and values you outlined on page 2). Of the things that are left, think about what you might be able to clear from your plate so you can make more time for what matters. Put a D next to things you might be able to delegate. Put an X next to things you can get rid of completely.

You'll likely still have some things that just need to get done, regardless of whether they are especially meaningful. But the point is to reduce these as much as possible. You may need to get creative. Give yourself permission to let go of activities that don't align with your passions or desired life. Be more intentional about where you spend your time. If your kids are also suffering from being overscheduled, they may find relief in cutting back too.

?	ACTIVITY	?	ACTIVITY

Give Yourself Some Love

Let's stop negative thinking in its tracks. Be kinder to yourself—you deserve it!

What are 3 things you're proud of?

1.

2.

3.

What are 2 of your best qualities?

1.

2.

If you had a mom super power, it would be:

Try Affirmations

Use positive, empowering self-talk to help build you up and get where you want to be. Some examples are provided below, but you can design your own to be the words you need to hear.

What would a loved one tell you or a more confident version of yourself?

I can do this

I'm strong and capable

My kids love me

I am good enough

I'm a caring mom

Write down your affirmation and put it where you will see it every day. Repeat it in your mind when you're having a hard time. Try this for 2 weeks.

Week 1 starts:

My affirmation:

Week 2 starts:

My affirmation:

Assessment

How did this practice affect your mindset?

Reflection

What's one thing you did well in the past week?

What's something you still need help with?

How are you feeling about the future?

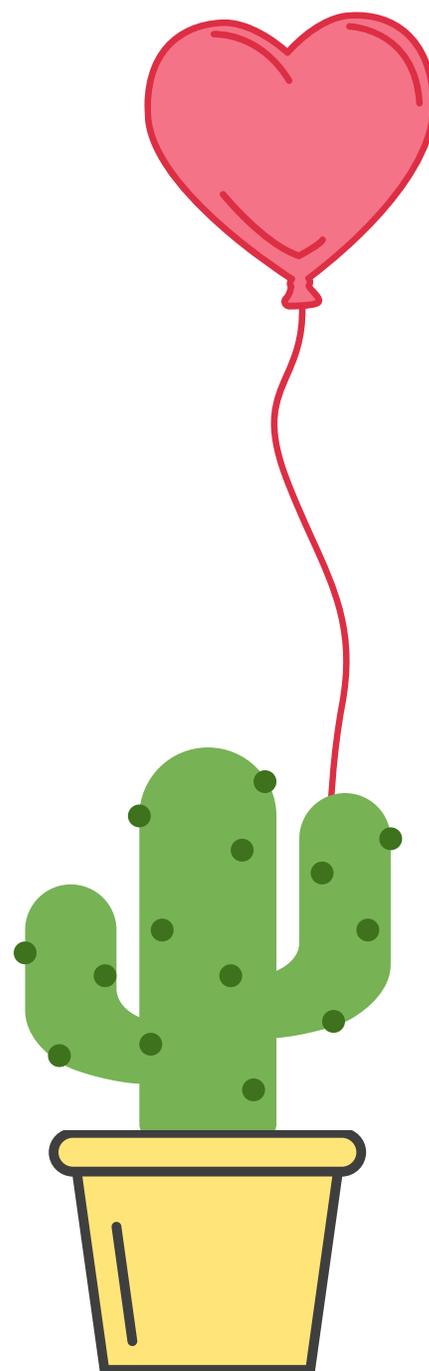
What is one habit you tried that you want to maintain and why?

How will you make this happen?

What have you learned through this process?

Revisit your thoughts on page 2. Has anything changed?

What do you plan to do next?





Brighter Days Ahead

Take some time to think about how these exercises affected you. Do you feel you can carry this momentum forward? I hope this workbook helped you discover steps you can take to prevent mom burnout.

Strategies you can implement yourself are important but may only be one piece of the puzzle. If you still find yourself struggling, consider getting some additional help from a healthcare provider or mental health professional. I do this myself as needed, and it really helps.

If this workbook has shown you one thing, I hope it's to take care of you! You're an amazing person who deserves to be healthy and happy.

Motherhood is a journey that can come with trying times, but I hope some of these activities have helped you remember the wonder and purpose in your mom life. By dedicating time for yourself and living more intentionally, you will be able to better appreciate the parts of life that truly matter to you.

May your days be filled with love, light, and laughter.

Be Well,

Gina