

THE 5-MINUTE MOM RESET

Pause

Stop for a moment.

Don't react.

Calm Your Body

Unclench your jaw + drop your shoulders

Close your eyes + take 3 slow, deep breaths

Drink some water or get fresh air

Take a 2 minute "mom break" if able

Pray

"God, help me right now."

"God, give me patience in this moment."

"God, help me respond with peace right now."

"God, I need you here with me in this moment."

You don't have to step away or find the perfect time to pray.

He's with you, always.

Shift Your Thoughts

"I can't handle this." → "God will give me strength for this moment."

"I'm failing." → "I'm having a hard day. I can give myself grace."

"I have to hold everything together." → "I can give it to God."

Respond

Remember, children learn how to handle hard feelings by watching how we handle ours. We are their teachers. Pause and ask yourself:

How would I want someone to help/respond to me?

- Give the same grace God so freely gives you
- Take a minute if you need it
- Lower your voice
- Say, "Let's try again."

A LITTLE MORE SUPPORT

Sometimes five minutes is all you need.
Other days, you may need a little more support.
And that's okay. 💕

That's why I created:

The Overwhelmed Mom's Handbook

A simple guide to help you:

- understand your overwhelm
- calm your mind + body
- lighten your mental load
- make everyday life feel more manageable
- and MANY tools!

[Grab Your Copy Here](#)

More Faith-Filled Resources

- Music playlists
- Free Bible studies + devotionals
- Sermons
- Christian finds + more

[APeacefulFaith.com](#)

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Call or text 988

Free + confidential

Available 24/7 in the U.S.

[988lifeline.org](#)

Take care of yourself & give yourself grace, mama.