

♥ Shawna Thompson & Cara Gagne

# MOM NEEDS A MINUTE



**BUT YOU STILL HAVE TO MOM.**

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# *What's in side*

Estimated Read Time: 30 minutes total.

No chance of 30 minutes strung together today for Mom?

No PROBLEM! Do one section a day to slowly build over time. It's not a race. These are life skills!

Each section? 7 minutes MAX! Implementation 5 minutes sister!

1.  *Welcome Letter (3–5 minutes)*  
*You're Not Broken — and Why This Is Your Moment*
2.  *Understanding Triggers (5 minutes)*  
*Why You React That Way (And How to Shift It)*
3.  *The Stop the Spiral Framework (5–7 minutes)*  
*Four Simple Steps to Reclaim Your Calm*
4.  *Real Life Example: Mini Walkthrough (2 minutes)*  
*What a Messy Mom Moment looks like when you make the shift*
5.  *Stop the Spiral Mindmap (1 minute)*  
*A Visual Reminder When You Feel Off-Center*
6.  *The Body Map Time saving tool (2 minutes)*  
*A visual tool to help you point to the problem fast*
7.  *The Body Mapping Exercise (5–7 minutes)*  
*Map Where the Feeling Lives So You Can Move It*
8.  *Emotions Map Key (2 minutes)*  
*A reference to help you name the feeling*
9.  *Common Places Emotions Show Up (2–3 minutes)*  
*What Your Body Might Be Trying to Tell You*
10.  *Feelings Vocabulary Bonus (3–5 minutes)*  
*Find the Words That Help You Heal*
11.  *Closing Encouragement (1 minute)*  
*You're Not the Problem — You're the Path Forward*

(A 3-5 minute read to get started)

## *Hey Mama,*

If you're here, I'm guessing you need a minute.

Maybe today went sideways before it even started. Maybe something small pushed you over the edge. Or maybe you're just tired of feeling like your emotions are running the show — and you're ready to get back in the driver's seat.

You're not broken. You're just overwhelmed.

I used to think being knocked over by my emotions was just part of the gig. I didn't even know what a "trigger" was until someone explained it to me. (It's when something tiny — like a text message, or someone interrupting you mid-sentence — hits a deeper nerve and suddenly you're spinning like you're in one of those cartoon tornadoes. It feels way bigger than it should, and you can't shake it.)

This guide is your way to hit pause, catch your breath, and get your calm back — without pretending everything's fine or hiding in the bathroom for 45 minutes with snacks and your phone.

And let me say this clearly: working through this isn't just for *you*. It's for your kids, too. Every time you take a breath instead of blowing up or shutting down, you're showing them what emotional courage actually looks like.

You're leading by example in a way they'll carry with them.

Let's take a breath. Let's take a minute. Let's get your calm back.

You've got this! And remember... we've all been there and you're not alone.

Cheers,

## *Shawna & Cara*

✨ **P.S. Need a little support while you work through this?**

You don't have to go it alone. Come join us inside the **Heart to Start group** — a free space for moms doing this kind of work in real time. We share gentle prompts, real-talk encouragement, and the occasional meme to remind you: you're not the only one trying to grow while keeping small humans alive.

**Click here to join us → <https://joinhearttostart.com>**

# Understanding Triggers

*(A 5 minute read to learn what to look for)*

Let's talk about triggers — because most of us weren't taught how to spot them, how to handle them, or... If you're like us (Cara & I)... Even what they are.

Honestly? I used to think going on an emotional spin-out was just what being a mom *was*. Like, of course you're short-fused and tightly wound — that's motherhood, right? My mom was basically a walking trigger time bomb.

And for a long time, I thought that was empowering.

She was loud, emotional, said whatever she wanted — and I thought that was strength.

But after a few personal messes (the kind you can't Pinterest your way out of) and some good therapy, I started to see it differently. She wasn't empowered — she was hijacked. And when I was emulating her behaviour... So was I.

What I thought was power was actually a bunch of unhealed, unprocessed stuff from the past showing up in the present like an emotional bull in a china shop. Stuff that wasn't even *about* the situation I was in — and that was messing with my relationships, my peace, and the kind of mom I wanted to be.

This is where that starts to shift.

When you can notice what's happening, name it, and move through it instead of stuffing it down or blowing it up — that's where the real power is.

And when your kids see you do that? It gives them permission to grow up in an entirely different emotional reality.

Let's build that. One breath at a time.

In the next section we'll walk through an easy framework to stop the spiral of emotions hijacking your day.

If you've got 5 more minutes to continue... great. If this is all you have time for today, you're already doing great work. See you for 5 tomorrow!

# The Stop the Spiral Framework

*(A 5-7 minute read to understand what to do)*

When a big feeling takes the wheel, this is your step-by-step to getting back in the driver's seat.

## **Recognize**

Notice the spin. Pause and ask: "Is this a sudden 'snap' or a slow simmer?"

## **Name**

What am I *actually* feeling? Not just "mad" or "stressed" — maybe it's "unseen," "overwhelmed," or "done."

## **Locate**

Where is it sitting in your body? Chest? Gut? Throat? Behind the eyes?

## **Ground**

Do something small but steady. Flick your hands. Breathe in like you're smelling cookies, out like you're blowing on hot soup. Wiggle your toes. Stretch. Tap your chest. Let your body know it's safe.

"Every time you ground yourself, you're not just stopping the spiral — you're rebuilding your center."

On the next page we'll walk you through a real life example and give you some tools so you can fill in an example from your own life.

# Real Life Example: Mini Walkthrough

*(a tight little 2 minutes example so you can see how this shows up)*

Scene: You're running late. Your kid spills their cereal. You were already two sips behind on your coffee and five minutes behind schedule and your thoughts start to spiral... "Here we go..."

The frustration bubbles from your stomach... The guilt about feeling frustrated squeezes at your throat. And the next thing you know... Everyone (including you) has tears in their eyes. You're ready to yell and spiral into an emotional tailspin leaving everything spiraling out of control.

What can you do? Let's face it Mom... you need a minute.

## **1. Recognize**

"I'm spiraling. This isn't just about the cereal."

## **2. Name**

"I feel maxed out, unappreciated, and honestly? Like I'm doing it all alone."

## **3. Locate**

Shoulders like bricks. Heart pounding. Jaw tight.

## **4. Ground**

Breath. Flick hands. Shake it out. Three slow breaths. Whisper, "It's not about the cereal."

When you feel the anger start to shift, come back to the reality around you.

You caught yourself before you started to yell. You wipe up the milk. You reset. You roll forward. That's a power move. Not perfect — just present.

Next we've provided you with a step-by-step worksheet you can use to review a past trigger experience you could have managed differently.

# Your Turn: Practice Prompts

(Take 5 minutes and give it a try)

Now that you've seen an example, let's walk through one of *your* real-life moments. This isn't about judgment — it's about building self-trust one moment at a time.

Grab some paper or your favourite journal and let's make ourselves some notes!

Take a few minutes and use these prompts to reflect:

## **Step-by-Step Worksheet**

### **1. What happened?**

Describe the moment that set you off. Be honest and kind with yourself.

### **2. Recognize**

Looking back — was it a quick snap or a slow build?

### **3. Name**

What emotion were you *really* feeling beneath the surface? (Check the Feelings Vocabulary if you're unsure.)

### **4. Locate**

Where did you feel it in your body? Describe the physical sensation.

### **5. Ground**

What could you have done (or did you do) to release the tension or calm the chaos?

### **6. Rewrite**

If you could rewind and try again, what would a grounded response have looked like?

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Pro tip: Keep these prompts handy. The more you use it, the faster you'll start recognizing and rewiring spirals in real time.

# Stop the Spiral Mindmap (Visual Summary)

*(1 minute read... a powerful tool for life)*


## **Feeling Off? Start Here →**

**Recognize** — Something's off. Am I hooked or just worn down?

**Name** — What's the real feeling here? (Not just the surface one.)

**Locate** — Where's it showing up in my body?

**Ground** — What helps me come back into myself?

 *You're not failing. You're finding your footing.*

Over the next few pages we've given you some tools to name some basic emotions and show you where they might show up in terms of a physical feeling in your body.

Do yourself a favour and go over these tools.

Did you know Brené Brown's research indicates that most people can only identify a limited number of emotions, often just three: happy, sad, and angry.

In her book, "Atlas of the Heart," she explores 87 emotions and experiences, highlighting the importance of expanding our emotional vocabulary for better self-understanding and connection.

It's a great resource if you want to go deeper... but for now... to help us figure things out in 5 minutes or less you just need to know a handful of emotions and where they might show up as a "feeling" in your body.



The Body Map Time Saving Tool (2 minutes to powerful insights) (Girls... if someone can tell me why when I make this a Heading size it makes EVERYTHING Heading size... I'll love you for life)

## Where Do You Feel An Emotion?

### Emotions

Where they're often felt

#### Overwhelm

Chest  
Shoulders  
Head

#### Rage

Jaw  
Fists  
Chest

#### Sadness

Chest  
Eyes  
Limbs

#### Anxiety

Chest  
Stomach  
Hands

#### Guilt

Chest  
Stomach

#### Numbness

Limbs  
Torso

#### Relief

Chest  
Shoulders  
Jaw  
Gut  
Breath

#### Joy

Face  
Chest  
Arms  
Legs/Feet  
Entire Body



Take 2 minutes and use this map to match the physical location of your feeling/trigger and cross reference the possible emotions. This will help you NAME the emotion behind the trigger and that action in itself will help you take the tension down fast.

# The Body Mapping Exercise

(5-7 minutes when you're just getting started it gets faster over time 😊)

Your body holds the truth even when your mouth says, "I'm fine."

## Signs You're Carrying Something:

- Shoulders hunched halfway to your ears
- Jaw clenched like you're chewing rocks
- Belly tight like you've been bracing for a crash

Try this:

Ask yourself: "Where am I holding this?"

Use the Body Map Time Saving Tool above:

- Circle it
- Color it
- Point to it
- Or just imagine the spot that's holding tension

There's no wrong way to do this. Bringing awareness to where your emotions live physically is a *powerful first step* in shifting them.

"When you tune into yourself, you teach your kids it's safe to tune into *their* bodies too."



# Emotions Map Key

*(2 quick minutes to name an emotion based on how it feels and where it's felt)*

<b><u>Emotion</u></b>	<b><u>How it might feel</u></b>	<b><u>Common Body Location</u></b>
Overwhelm	Heavy, suffocating	Chest, shoulders, head
Rage	Hot, activated	Jaw, fists, chest
Sadness	Tearful, tender	Chest, eyes, limbs
Anxiety	Electric, nervous	Chest, stomach, hands
Guilt	Shame-tinged	Chest, stomach
Numbness	Absent, empty, unresponsive	Limbs, torso (absence of sensation)
Relief	Calm, grounded	Chest, shoulders, jaw, gut, breath
Joy	Uplifted, light, warm	Face, Chest, Arms Legs, Entire body

Remember: however *you* feel your emotions are valid. This is about noticing, not fixing.

# Feelings Vocabulary Bonus

You can't heal what you can't name. Let's go beyond the basics.

## If You Feel...

- Like you're carrying emotional cement → Sad
- Like no one really sees you → Lonely
- Like something was taken and can't be replaced → Grief

## If You Feel...

- Like you might snap → Angry
- Like everything is an uphill battle → Frustrated
- Like you're holding it all and no one's helping → Resentful

## If You Feel...

- Like your brain won't stop buzzing → Anxious
- Like everything feels like "too much" → Overwhelmed
- Like your skin is crawling → Edgy

## If You Feel...

- Like you want to hide → Ashamed
- Like you're being silently judged → Embarrassed
- Like you're out of your league → Insecure

## If You Feel...

- Like there's a flicker of light in the tunnel → Hopeful
- Like something inside you just smiled → Grateful
- Like you're finally standing in your truth → Proud

"Naming the feeling gives it shape. Holding it gives you space. That's where the healing happens."

## Closing Encouragement

*(when you have 2 minutes and you've made it this far... this is a message for you)*

*Hey Mama,*

If you've made it this far, *take a moment to actually feel that.*

You've done something that most people never do:

You stopped. You looked inward. You named what hurts.

You've been brave enough to admit that something needs shifting—and even braver to believe you're worthy of that shift.

That's not fluffy work. That's foundational, heart-lifting, future-shaping work.

The kind that doesn't just serve *you*—but ripples out into how your little ones learn to handle their own big feelings too.

Every pause you take, every deep breath, every moment you choose curiosity over criticism...

You're not just healing yourself.

You're modeling emotional power for your children.


So give yourself a quiet congratulations.

You're doing the work that pays you back with emotional interest—for *you* and the ones who are watching.

And just in case no one's said it yet today:

I'm proud of you. You're Mom Enough.

Keep going.

You've got this. 

*Cara & Shawna*

