



Before you begin...

A Quick Note from Me to You

Hi lovely,

You've just carved out a moment for yourself — and that is something worth celebrating.

I know the constant juggle of motherhood — the way your own needs can slide to the bottom of the list while you meet everyone else's. This Reset Byte is your pocket-sized moment of calm, created to remind you that you matter, too.

Inside, you'll find two simple tools:

- Your Mother's Cheat Sheet — a quick guide to help you reset your own energy.
- Your Child's Helper Guide — a gentle prompt to guide them through their own little reset.

They're here for you whenever you need them, in the middle of the chaos or at the end of a long day. Take a deep breath... and let's begin together.

♥ Mellissa

Founder, WholeHearted Magic





It's how you recover that matters the most

THE GENTLE REPAIR CHEAT SHEET

Snapping feels awful. It lands hard, then leaves you swimming in guilt and second-guessing. But it's not proof you've failed — it's a moment asking for repair.

Stick it somewhere you'll see it when the cereal hits the floor — or the other stuff hits the fan.



Body Truths

- Your shoulders are tight. Your breath is shallow. Your body feels braced for impact. You're not broken — you're stretched. And your body is asking for softness.
- You are still here. Supported. Steady.



Thought Reminders

- "I can repair this. I am steady." This moment doesn't define me.
- I'm not failing — I'm modelling how to repair and reconnect.
- My kids won't remember the cereal. They'll remember the return to peace.



Emotional Anchors

- Guilt and regret are signals, not verdicts. Underneath the frustration is a quiet truth: I hold clarity, forgiveness, and peace.
- I am allowed to pause. I am allowed to reset.
- I am still a good mum — even in the moments when I'm overwhelmed.



Micro Actions *(just pick one)*

- Press your palm into a solid surface nearby. Release the pressure. Repeat.: Let your body feel the surface and remind you of your humanity.
- Drop your shoulders: Exhale slowly through your mouth.
- Press your feet into the ground: Feel your body supported.
- Repeat to yourself: "I can repair this. I am steady."



THE STEADY HEART HELPER

CLUES YOU MIGHT NOTICE



Mum's voice sounds sharper or faster than usual



Her face looks a little tight, scary or red like she's about to explode



Something feels different in the room, like it would be bad to talk right now.

When Mum feels big feelings, it's not because of you — she's just stretched in different directions and struggling a little. You didn't cause it, and you are safe.

A SAFE THING TO SAY

"I love you, Mum.
How can I help?"

BEING A
STEADY
HEART

Sit somewhere nearby and do something quietly

Wrap arms around yourself like a hug— it helps your body feel safe

Help mum tidy up any mess around if you can

Take a slow breath and let it out — like blowing out birthday candles

