



The

Gentle Reset Series



Companion Pack

Thanks for downloading the Gentle Reset Series Companion Pack. By doing so, you've just carved out a moment for yourself, and that's something worth celebrating.

Inside, you'll also find two simple tools: Your Mothers Cheat sheet, a quick guide to help you reset your own energy, and Your Kid's Helper Guide - a gentle prompt to guide them through their own little co-regulation or reset. *Simply print out the cheat sheets to keep for when you need them, and click on the thumbnail below that you feel most drawn to when you need a quick perspective shift.*

Feeling like a Fraud when you don't have all the answers... It's okay to be learning too.

Feeling out of place at school pick up? Realise your worth with this Reset.

Snapping constantly? This one's especially for when you feel like a horrible mother.

Take a deep breath. click on what speaks to you and reset with me

The tiles will link you to the associated video on YouTube so you never have to struggle to find what you need when you need it.



Reset on the go Mothers Cheat Sheet



3 Steps for a



Quick Reset

1. Press your thumb into the centre of your opposite palm
2. Consciously drop your shoulders away from your ears
3. Let go of the breath you're most likely holding in a slow exhale through pursed lips...almost like you're about to whistle

Reminder



Gentle Thought to Hold

You're feeling like this because you care—and you're stretched thin right now.
It's a normal part of living a life you're doing your best to hold together.

These feelings you're noticing aren't flaws—they're part of your body's alert system. Like the ache in your shoulders after carrying too much, they point to the hidden love and strength inside.

You're feeling, not failing. So please, stop beating yourself up.

Think in your head



Quick Reflect

1. You don't need to earn your place or prove your worth in life. You've already earned it simply by being you.
2. So what if you don't fit the mold...there is only one of you, and no one else brings the combination of your experiences, Human Design and perspective to the world but you.
3. You prove yourself in so many ways without even realising it. Take a beat and think of the ways you do fit in, excel and show your love through your everyday actions.

It's okay to be messy in life, it's all part of your WholeHearted magic.

Reset on the go Kid's Helper Sheet



If things feel unsettled or stormy in or around you, try this together with Mum or someone else you love.

Escape the storm



Reset Your Body

1. If mum looks upset, remember it's not your fault.
2. Hold mum's hand and give it a gentle squeeze. Like you're passing her a little bit of calm.
3. Take a big breath in, and then blow it out like you're blowing on a hot chocolate to cool it down.

Reminder



Just Remember...

Mum's feelings aren't your fault. Mum sometimes gets big feelings too and occasionally they might spill out. That doesn't mean that you have done anything wrong.

You're allowed to feel wobbly. Big feelings can do funny things to your body, like making your tummy tight, or your heart race. Sometimes feeling wobbly can happen when you see someone you love upset or hurt. That's okay. You're not bad and there's nothing wrong with you - you're just sharing in a stormy moment or picking up on what the ones you love are feeling.

Let's plant some kind thoughts in your head, okay?



Quick Hints for You

1. **You're safe with Mum.** Even if she looks really angry, quiet or teary, she still loves you big time. Her love doesn't disappear - it just gets overshadowed sometimes.
2. **You don't have to fix anything.** Your job is to be you. That's perfectly enough.
3. **You're allowed to ask for a cuddle, a break or a quiet moment.** That's not being needy, that's being brave. You're even allowed to offer them to someone else who looks stormy or wobbly too..

Congrats... you did it!

Hopefully, the pause and perspective has helped you out - even just a little.

That brief second for you? It's done wonders in reminding your nervous system - *and your soul*- that you matter too.

This isn't just self-care. It's a quiet revolution.

Every time you choose yourself - even for just a breath - you chip away at the myth that to be a good mum, you've got to put everyone else first.



Hi, I'm Mellissa

Founder of WholeHearted Magic,

Like you, I'm first and foremost a mother, but I'm also an emotional sponge and fierce believer in the power tucked inside you as a woman.

I created this series because I know what it's like to be desperately seeking the calm in the chaos...and to try and uncover the woman hiding behind your identity as Mum.

This series is the first of many. Each byte in the series is a doorway back to your true self - short, soul nourishing and designed to meet you in real time.

I invite you to come on back and explore other series, or revisit these bytes, whenever you need. I know how hard it is to get a second to yourself, let alone finding space to breathe!

www.mellissaedney.com