

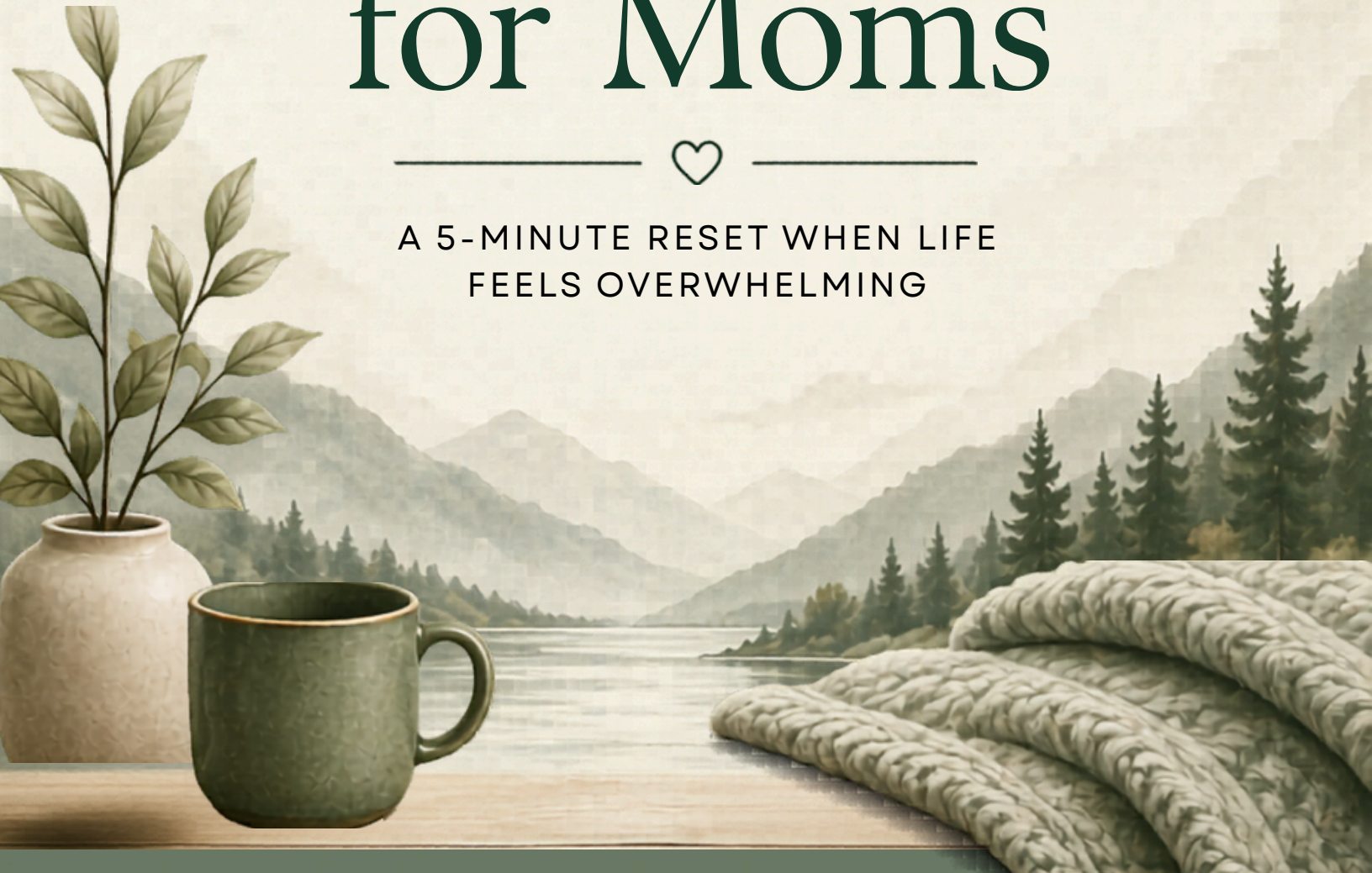
SUPPORT FOR BUSY MOMS



Quick Calm for Moms



A 5-MINUTE RESET WHEN LIFE
FEELS OVERWHELMING



TOOLS TO HELP YOU
PAUSE, BREATHE, AND
RESET

When to Use This

QUICK REFERENCE GUIDE



Motherhood is full of demands, chaos, and constant movement. Sometimes, you just need a quick reset to calm your mind, relax your body, and reconnect with yourself.

This kit gives you simple, practical tools to do just that.



USE THIS WHEN YOU:

- Feel stressed, tense, or frustrated
- Need a mental reset before the next task
- Want a moment of calm between activities
- Want to check-in with your body and emotions



HOW TO USE IT:

1. Find a spot. It could be a chair, couch, or even a quiet corner.
2. Pick one exercise. There is no need to do everything.
3. Set a timer for 5 minutes. This step is optional but recommended.
4. Breathe, notice, and reset.
5. Return to your day feeling calmer and more grounded.



A GENTLE REMINDER:

Perfect conditions aren't required. 5 minutes for yourself is enough to make a difference.



5-Minute Reset Exercise



1 Ground Your Feet

- Sit or stand comfortably
- Place your feet flat on the floor
- Press down lightly and notice the support beneath you



2 Deep Breathing

- Inhale for 4 counts, hold for 2, exhale for 6
- Repeat 3–5 times, noticing
- tension leaving your body



3 Quick Body Scan

- Roll your shoulders gently
- Relax your jaw, unclench your hands
- Shake out any remaining tension



4 One Positive Anchor

- Think of one thing you are grateful for or one small victory today
- Let this thought fill your body and mind for a moment



Quick Calm Techniques



Choose one technique for an immediate calm.



Scent Reset

Light a candle
Spritz essential oils
Hold something soothing



Mini Movement

Stretch arms overhead
Roll your neck
Sway side to side



Sound Reset

Play a favorite calming song
Hum a tune
Listen to nature sounds



Mindful Moment

Close your eyes
Count your breaths
Notice 3 things around you



YOU DESERVE MOMENTS OF CALM.

Choose what feels good to you.



Grounded Again

REFLECT • HEAL • GROW

Quick Check-In Tracker



Notice how you feel before and after using the kit.

Time	Feeling Before (1–5)	Technique Used	Feeling After (1–5)
	① ② ③ ④ ⑤		① ② ③ ④ ⑤
	① ② ③ ④ ⑤		① ② ③ ④ ⑤
	① ② ③ ④ ⑤		① ② ③ ④ ⑤
	① ② ③ ④ ⑤		① ② ③ ④ ⑤
	① ② ③ ④ ⑤		① ② ③ ④ ⑤

Use a 1–5 scale. 1 = tense/anxious, 5 = calm/centered



A Gentle Reminder:

- ♡ You are doing the best you can.
- ♡ Calm doesn't require perfect conditions.
- ♡ Your small resets matter, for you and your family.
- ♡ Take 5 minutes. Breathe. Reset. Repeat.



Bonus: On-the-Go Options



In the Car

- Take deep breaths at a red light
- Notice your surroundings



During Meals

- Take 3 slow bites
- Focus on taste and texture



In Bed

- Roll your shoulders
- Wiggle your fingers and toes
- Relax into the sheets



Grounded Again

REFLECT • HEAL • GROW

