



Mom Reset Checklist: 10 Small Ways to Feel Like Yourself Again

- Start your morning with 5 minutes of sunlight (regulates mood + sleep).
- Keep a water bottle nearby—hydration helps more than coffee alone.
- Put your phone down for one meal a day (practice presence).
- Try 10 minutes of stretching or walking—small movement, big reset.
- Create a “calm corner” just for you (a candle, blanket, journal).
- Ask for help with one thing this week—you don’t have to carry it all.
- Keep a “joy list” of 5 small things that make you feel like you.
- Practice one nervous system reset: deep breathing, humming, or grounding.
- Schedule your own checkup (don’t delay your health).
- Speak kindly to yourself—say out loud what you’d say to your child.

✨ *Simple steps, but they add up to something powerful: feeling like you again.*