



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.*