

# 60 Seconds To Sanity

Hey Mama,

That was not how you wanted your day to go. Whatever the reason, I am proud of you for taking this moment to regroup. Make sure your kids are safe, get yourself cozy in your bedroom or bathroom, car or closet and then begin....

Close your eyes and take a deep breath in.... and out.....

That was a really hard moment. It is hard to be a mom.

Say outloud:

"This HARD! I am really struggling right now!"

My words: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Remind yourself that it is okay to struggle.

Struggling is part of the human experience. Every parent struggles.

Say outloud:

"It is normal to struggle. I am not alone."

My words: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Now take a moment to be kind; to \*you.\* Talk to yourself like you were talking to a friend.

Say outloud

"I am a wonderful mom and this moment does not define me."

My words: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Close your eyes and take a deep breath in.... and out.....

Place your hand on your heart and feel the warmth of kindness and love for yourself coming .

When you are ready, open the door and greet your kids with that knowledge that they are in the best of hands: YOURS.

*Print this out and hang it on your fridge, your kids play room, in the bathroom or wherever you are likely to need it most. Remember that this exercise is most effective when the words truly resonate with you. Feel free to use the "my words" sections to write down any affirmations that are most true and meaningful for you.*