

15 Minute Check-In

Checking in with ourselves as mommas is crucial. Carve out 5 minutes--even if it is while you wash your face-- to go through this exercise with yourself.

Ask yourself: "How am I feeling today? What do I notice about my emotions?"

Check in with your body and mind from head to toe.

If you feel...

Psychological Signs of Stress

Memory lapses
Overwhelmed
Unmotivated
Unable to focus
Negative thinking (I cannot believe I did it again...)
Insomnia
Inability to make simple decisions.

Emotional

Tearful
Irritable
Mood Swings
EXTRA SELF CRITICISM
Lack of motivation
Feeling out of control
Defensive
Lack of confidence

Physical

Headaches/Light headed
Stomach aches
Physical tiredness
High blood pressure
Digestion Issues
Heart racing
Changes in vision

Behavioral

Extreme fidgeting
Nervousness
Self neglect/ low hygiene
The need to move constantly
Aggressive outbursts
Social withdrawal

Then you need to...

1. **BREATHE.** Take a breath. Breath in through your nose for 3 seconds and out through your mouth (LOUDLY) for 5 seconds.
2. **Say** to yourself "I am allowed to be stressed out and I am allowed to feel better"
3. **Identify** something you believe you are doing correctly!
 - a. I got out of bed today and fed my baby breakfast
 - b. I took a shower today and combed my hair
 - c. I did a load of laundry
4. **SELF** - start with yourSELF
 - a. Sleep
 - b. Exercise
 - c. Laughter
 - d. Food
5. **Find 10 minutes** a day with NO screens, where you can slow your brain down and focus on you.
 - a. Coloring
 - b. Taking a bath/shower
 - c. Stretching
 - d. Going for a walk
 - e. Making your favorite tea
6. **Talk to** someone in your circle of trust.
 - a. Share that you're stressed
 - b. Verbalize that it is okay and normal to be stressed
 - c. Ask for help coming up with a plan