

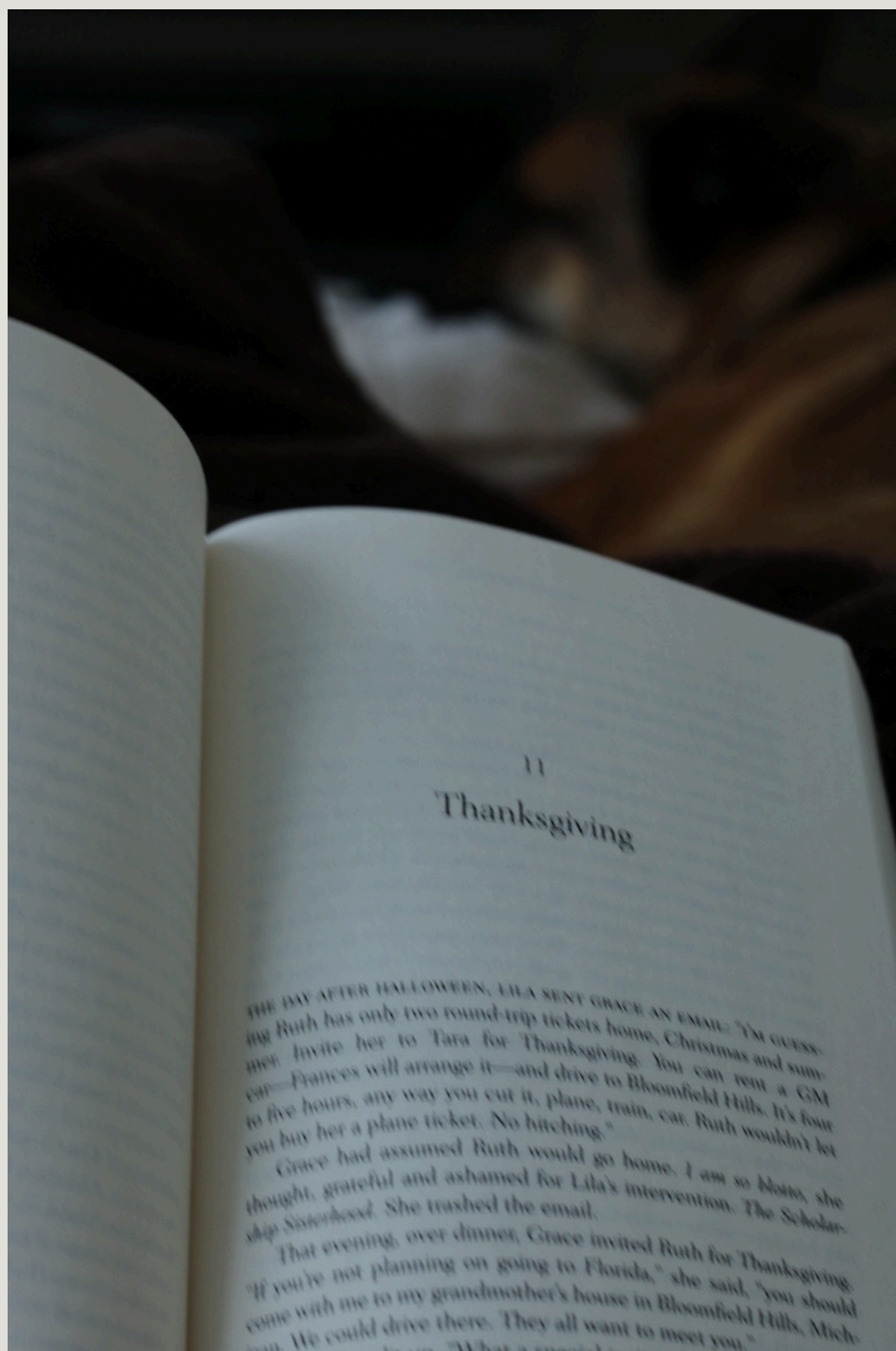
Sharing the “REST” acronym I use during moments of overwhelm in motherhood



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R- RECHARGE

Take a few minutes to sit & relax. Do an activity for me like reading, writing or another form of self care.



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E. EVALUATE

What's going well, what's not. Is there anything I can let go of to focus more on a particular thing of high importance or impact?



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S. SUPPORT

Do I need to ask for more support?
If so, who or what would help?



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T - TRUE- HEARTED

Do I feel like I'm operating in line with my "mom mission statement" right now? Am I being authentic & showing up the way I want to. If not, what needs to change to get me back on track ?

