

# A Calmer Home, A Calmer Body — 5-Minute Tools for Overwhelmed Moms

**You don't need a bigger house. You need breathing room.**

This short guide offers five trauma-informed, ADHD-friendly practices you can use to create a sense of calm at home—even when life is noisy, messy, and overstimulating.

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## 1. The “One Calm Corner” Practice

Choose **one small surface or space** in your home. A corner of the dresser, a chair, a shelf. Clear it. Wipe it. Place only calming objects there: a candle, a plant, a folded cloth, a photo.

This is your visual reminder that calm is possible—even in the chaos.

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## 2. The Guilt-Free Basket

Grab a basket or bin. This is your *permission container*. When you're overwhelmed, toss clutter into it without organizing.

It's better to corral mess than drown in it. Come back to it later—or not.

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## 3. Cold Water Reset

When emotions spike or you feel like screaming or disappearing, run your hands under **cold water** for 30 seconds. Breathe. Name three things around you.

This grounds your nervous system and interrupts spiraling thoughts.

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## 4. Rhythmic Regulation

Sway. Rock. March in place. ADHD and trauma brains respond beautifully to rhythm.

Try swaying with your child in your arms or tapping your feet while you cook.

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## 5. The 3-Line Mantra

Whisper or write this when things feel impossible:

*This is hard.*

*I am doing my best.*

*I deserve peace, even now.*

Repeat daily. Healing begins not with action, but with **permission**.

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**You don't need to fix everything.** You just need to give your body small signs that it's safe to soften, even for a moment.

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