

The Emotional Needs Self-Care Kit for Mothers

A gentle guide to reconnecting with yourself—one emotional need at a time

Welcome, Mama.

Motherhood invites deep love—but also depletion. You spend so much energy caring for others that it's easy to lose touch with your own emotional needs. This kit is here to help you gently return to yourself. It's rooted in the *Human Givens* approach to emotional wellbeing: a psychological framework that identifies nine core emotional needs that all humans share. When these needs are met in healthy ways, we feel more balanced and resilient.

Part 1: Emotional Needs Self-Assessment Table

Rate each emotional need on a scale from 1–5: **1 = not at all met** | **5 = fully met**

Emotional Need	Rating (1–5)	Notes / What I Notice
Security		
Autonomy & Control		
Attention (Give & Receive)		
Emotional Connection		
Status (Being Valued)		
Privacy / Personal Space		
Competence & Achievement		
Meaning & Purpose		
Community & Belonging		

Take your time. This is simply information—an invitation to become more aware of how you're feeling and what might need care.

Part 2: Journaling Prompts for Reflection and Reconnection

Use these prompts whenever you feel ready to explore what's alive inside you. You might respond to them all at once or choose just one or two each day.

1. Security

- What helps me feel grounded and safe right now?
- Where do I feel anxious or unstable—and what might soothe that?
- What routines or anchors help me feel calm in my body?

2. Autonomy & Control

- Where in my life do I feel powerless—or powerful?
- What's one small choice I made recently that I'm proud of?
- Is there a decision I've been postponing? What's holding me back?

3. Attention (Giving & Receiving)

- Who truly sees me right now?
- Do I feel heard—or like I'm disappearing into the background?
- When do I feel most present for others—and for myself?

4. Emotional Connection

- Who do I feel emotionally safe with?
- What does emotional intimacy look like for me?
- Is there a relationship that needs tending—or a boundary?

5. Status (Feeling Valued)

- What am I doing that matters—even if no one sees it?
- When was the last time I felt recognized or appreciated?
- How can I honor my own efforts and contributions?

6. Privacy / Personal Space

- Do I have any moments in the day that are mine alone?
- How do I feel when I'm alone? What comes up?
- What boundaries could help me reclaim even small slices of solitude?

7. Competence & Achievement

- What am I learning—even if it feels slow or invisible?
- What is something I do well that I often overlook?
- Where do I feel stagnant, and what might energize me?

8. Meaning & Purpose

- What gives my life meaning lately?
- What values do I want to live by as a mother and woman?
- Is there a part of me that's craving deeper connection to purpose?

9. Community & Belonging

- Where do I feel most at home?
- Who are “my people”—and when did I last reach out?
- What would help me feel more connected or supported?

Part 3: Gentle Ways to Nurture Each Emotional Need

Below are small, nurturing acts you can try when a certain need feels low. None of these are requirements—they are soft invitations.

Security

- Light a candle and breathe deeply for three minutes.
- Tidy one small area of your home.
- Cook a comforting meal from childhood.
- Repeat a grounding mantra like “I am safe, I am here.”

Autonomy & Control

- Say no to something that drains you.
- Plan a part of your day that is just for you—even 10 minutes.
- Rearrange a corner of your home as *you* like it.
- Create a ritual (like morning tea alone) that no one else can disrupt.

Attention

- Call someone who truly listens to you.
- Ask your partner/friend to simply listen for 10 minutes—no fixing.
- Offer your full attention to a child, plant, or pet—and notice the shift.
- Spend five minutes looking at yourself in the mirror with kindness.

Emotional Connection

- Write a letter to someone you love—sent or unsent.
- Share a vulnerable truth with a safe person.
- Spend time cuddling your child or pet with full presence.
- Look through photos that remind you of love and connection.

Status

- List three invisible things you did today.
- Ask for recognition when you need it.
- Write a “What I’m proud of” list.
- Remind yourself that being a mother *is* valuable labor.

Privacy

- Close the door and breathe with no interruptions.
- Take a walk alone, even just around the block.
- Read in bed after everyone else sleeps.
- Use noise-canceling headphones and retreat inward.

Competence

- Finish a small project—even folding a basket of laundry.
- Try a new recipe or craft.
- Make a list of 10 things you’ve learned since becoming a mother.
- Teach something you love to your child or a friend.

Meaning

- Light a candle before doing something purposeful.
- Reflect on how your values show up in small ways.
- Do something in nature to connect with the bigger picture.
- Return to a spiritual, cultural, or creative practice that nourishes you.

Community

- Text a friend to check in.
 - Visit a farmers’ market, book circle, or playgroup.
 - Volunteer for a cause you care about—even in a small way.
 - Speak with another mother who “gets it.”
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You Matter, Too.

This kit is not a to-do list—it’s a doorway back to yourself.

You don’t have to meet every need perfectly. But gently honoring even one can shift your whole day. You are worthy of care—not just because you’re a mother, but because you’re *you*.
