

Self-Regulation Toolkit: Reduce Overwhelm & Guilt

A guide to managing sensory overload, guilt, and emotional regulation for moms.

1. Quick Grounding Techniques

When you feel overwhelmed, try these simple methods to calm your nervous system.

- **4-7-8 Breathing:** Inhale for 4 seconds, hold for 7, exhale for 8.
 - **Five Senses Exercise:** Name 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste.
 - **Weighted Object:** Hold a heavy item (a warm mug, a stone) to feel grounded.
-

2. Managing Mom Guilt in Real-Time

Reframing guilt so you can meet your needs without shame.

- **Shift your inner dialogue:** Instead of “I shouldn’t need this,” try “My needs matter, too.”
 - **Set a timer for guilt-free independent play:** Start with 5-10 minutes.
 - **Use affirmations:** “A regulated mom is a better mom.”
-

3. Independent Play Guide

How to encourage solo play while feeling good about it.

- **Start small:** 5-10 minute increments of play while you engage in light tasks.
 - **Use reassuring language:** “I’m nearby, you’re safe.”
 - **Rotate toys:** Less is more—offer a few engaging toys at a time to maintain interest.
-

4. Sensory Regulation Strategies

Simple ways to regulate your senses when feeling overstimulated.

- **Sound:** Listen to instrumental music or nature sounds.
- **Scent:** Use essential oils like lavender (calming) or peppermint (refreshing).
- **Movement:** Do small body resets—shoulder rolls, stretching, or a short walk.

5. Rewriting Inner Narratives

Challenge limiting beliefs that fuel guilt and overstimulation.

- **Journal your guilty thoughts:** Write them down and reframe them.
- **Practice self-talk:** “Needing stimulation is natural, it doesn’t make me a bad mom.”
- **Reflect:** Ask, “Is this thought based on truth or past conditioning?”

6. Extra Support & Resources

Expand your toolkit with expert advice and research-backed guidance.



Book: *Burnout* by Emily & Amelia Nagoski



Podcast: *Unruffled* by Janet Lansbury



YouTube: Dr. Becky on emotional regulation