

Motherhood Burnout Companion

A Gentle Guide for Reflection and Care

Signs of Burnout: A Mirror

Emotional

- Feeling emotionally flat, muted, or distant.
- Irritability or low patience, followed by guilt.
- Joy muted even in moments with your child.
- Desire to withdraw from interactions.

Physical / Nervous System

- Waking tired, even after sleep.
- Tension in shoulders, jaw, or chest.
- Easily overwhelmed by sound, light, or touch.
- Body feels “on edge” or fatigued without reason.

Cognitive

- Brain fog or forgetfulness.
- Difficulty making decisions.
- Ruminating or overthinking.
- Slow processing of daily tasks.

Relational

- Desire for connection but low energy to engage.
- Feeling alone even when not physically alone.
- Resentment or guilt around care for others.

Identity / Self

- Feeling disconnected from yourself.
 - Missing hobbies, creative outlets, or inner joy.
 - Belief that everything depends on you.
 - Quiet longing for the version of yourself before motherhood fully consumed your attention.
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Reflection Prompts

Use these as gentle invitations to notice and name your experience.

- *Before you answer, pause — what part of you whispers, “This is me”?*
- *Where in your body do you feel the weight of giving too much?*
- *What part of yourself has gone quiet, waiting for your attention?*
- *If you could tell your younger self that she is seen and safe, what would you say?*
- *What micro-step toward care could you take today, even if it’s just one slow exhale?*

Micro-Tools for Nervous System Repair

These are small, repeatable, safe ways to restore internal capacity.

- **Exhale-Led Breathing:** Inhale 4, exhale 6. Repeat three times. Feel your chest soften.
 - **Sensory Pause:** Close your eyes or cover one sense (sound, sight) for 10–20 seconds. Notice how your body responds.
 - **Micro-Rest:** Place your hand on your heart, feel your feet on the floor, and take three slow breaths.
 - **Closure Mini-Tasks:** Complete one small task fully to “close the loop” in your mind.
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Small Ways to Reduce the Load

- **Three Buckets:**
 1. Only I can do this
 2. Someone else can do this well enough
 3. Drop it safely
 - **Delegate fully:** Give someone ownership without instructions or micromanaging.
 - **Invite help gently:** Even a small, consistent gesture of support matters.
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Emotional Reconnection Exercises

- **Micro-co-regulation:** Hold your child, look into their eyes, speak softly (1–2 minutes)
 - **Journaling:** Write what you feel without censoring. You can return to it later.
 - **Inner conversation:** Speak to the parts of yourself that have been quiet or unheard.
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Reclaiming Your Identity

- **Tiny rituals:** Tea in silence, 5-minute walk, listening to a favorite song.
- **Creative sparks:** Doodle, write a line of poetry, arrange flowers, crochet.
- **Gentle boundaries:** Practice saying no to small requests; observe how it feels.

5-Day Reflection

Day 1:

- One thing I noticed about myself today: _____
- One area where I felt tired or depleted: _____
- One micro-step I can take to soften or restore: _____
- One thing I allowed myself to feel fully: _____

Day 2:

- One thing I noticed about myself today: _____
- One area where I felt tired or depleted: _____
- One micro-step I can take to soften or restore: _____
- One thing I allowed myself to feel fully: _____

Day 3:

- One thing I noticed about myself today: _____
- One area where I felt tired or depleted: _____
- One micro-step I can take to soften or restore: _____
- One thing I allowed myself to feel fully: _____

Day 4:

- One thing I noticed about myself today: _____
- One area where I felt tired or depleted: _____
- One micro-step I can take to soften or restore: _____
- One thing I allowed myself to feel fully: _____

Day 5:

- One thing I noticed about myself today: _____
- One area where I felt tired or depleted: _____
- One micro-step I can take to soften or restore: _____
- One thing I allowed myself to feel fully: _____

Closing Words

This companion is not about “fixing” yourself.

It is about **noticing, softening, and taking small steps to restore your energy, your presence, and your sense of self.**

Even a few minutes with these exercises is a thread of repair.

Even a whisper to yourself — *I see you, I hear you, you are enough* — matters.

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This free guide was created with care. If you found it helpful, consider supporting my work here: <https://healingthevoid.kit.com/products/help-this-grow-pay-what-you-can>

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