

2-Minute Reset for the Busy Mom

A quick tool to help your nervous system settle.

Sometimes things can feel like too much — too many needs, too little space to catch your breath. When that happens, your nervous system can go into overdrive, making it harder to think clearly or feel settled. Use this reset during naptime, between errands, or even sitting in the car before pickup.

STEP 1

Name What You're Feeling

Gently check in: "Right now I'm feeling..." (Overwhelmed, anxious, frustrated, touched out, tired — anything is okay.) Putting words to what you're feeling creates a bit of space between you and the feeling, making it easier to respond rather than react.

STEP 2

Ground Yourself

Look around and notice — letting your attention come fully back to the present moment.

5 things you can see	4 things you can feel	3 things you can hear	2 things you can smell	1 thing you can taste
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STEP 3

Breathe

Repeat 4–5 times. Longer exhales help signal to your body that it's safe to settle.

Inhale slowly

4 counts

Exhale slowly

6 counts

STEP 4

Offer Yourself One Supportive Thought

When you're overwhelmed, thoughts can become more rigid or self-critical. A gentle, honest statement can help shift that. Try one of these, or write your own:

"This is a moment, not forever."

"I can take this one step at a time."

"I'm allowed to pause."

Why This Works

Each step supports your nervous system in a different way: naming your feelings creates space, grounding brings you back to the present, breathing helps your body settle, and supportive thoughts shift your internal dialogue. Together, these small steps can help you feel more steady — even if your circumstances haven't changed.