CALM MOM *Reset*



10 Simple Habits
to Feel Less Overwhelmed

Simple, realistic habits to help busy moms create more calm, reduce overwhelm and make everyday life feel a little lighter.

helping moms create more
financial and emotional peace - the soft way

www.softmudahood.com

1. Plan Your Week

Take a few minutes at the start of each week to plan meals, activities, appointments and your biggest priorities. Getting things out of your head can help everything feel more manageable.

2. Protect Your Mornings

Give yourself 10–20 quiet minutes before the day gets busy. Enjoy a coffee, read, journal, stretch or simply sit in peace before everyone needs you.

3. Do a Brain Dump

When your mind feels full, write everything down. Tasks, worries, reminders, ideas—get them out of your head and onto paper. Your original plan includes journaling and brain-dumping as part of the morning reset.

4. Prepare the Night Before

Make tomorrow easier today. Prepare clothes, meals, bags or anything else you know you'll need before going to bed.

5. Lower the Pressure

Ask yourself: **What can wait? What actually matters today?** You don't have to get everything done at once.

6. Make Time for Fun

Not everything needs to be productive. Take the kids for a walk, visit the park, paint together or find something simple you can all enjoy.

7. Schedule Something for YOU

Put something in the diary that you genuinely enjoy—whether that's exercise, a class, a beauty treatment, quiet time or another activity that helps you recharge.

8. Celebrate Small Wins

Instead of constantly focusing on what's unfinished, acknowledge what went well. At the end of the week, write down three small wins.

9. Keep What Works

You don't need a completely new routine. Notice which habits make you feel calmer and repeat them. Consistency matters more than trying to do everything.

10. Check In With Yourself

Regularly ask: **What's making life feel easier? What's making me feel overwhelmed? What do I want to continue?** Your original challenge ends with this kind of reflection.

Remember you don't need to implement all 10 habits. Start by choosing **3 habits** that would make your life feel a little lighter right now.

☐ My first habit: _____

☐ My second habit: _____

☐ My third habit: _____

Try them this week and notice what changes.

Important Next Steps

Hope you found value in these tips. However, if you would like to learn more strategies that I personally use to help me feel more organised, less overwhelmed and create more calm in everyday motherhood.

I've created a free video where I break down all 10 habits in more detail and share how I actually use them in my own life.

📹 **WATCH THE FREE VIDEO**

Speak Soon,

Denise.