




5 Mini Pep Talks for Overwhelmed Mums





Is it any wonder that you feel overwhelmed as a mum?

It's the sheer amount that you physically do day to day, but also the constant mental load of remembering everything.

It's that feeling of, if you don't do it, no-one else will, the buck stops with you.

The pressure of that just feels too much sometimes. Especially when you drop the ball, like when I forgot the cakes for the school cake sale last week!



I've got 5 mini pep talks for you to read when you're feeling overwhelmed.

They'll give you:

- ☆☆ a positive boost
- ☆☆ a shift in your mindset &
- ☆☆ some questions to reflect on

So, let's get started!



1



Remember the things you can't measure

So much of what you do everyday as a mum can't be measured or ticked off your to-do list. Things like:

☆☆ How you make your kids laugh.

☆☆ How you can solve everything with a hug.

☆☆ How you know exactly what your kids need.

☆☆ How you constantly bounce back and do it all again the next day.

These are the important things, and you are doing them everyday, without thinking.

Remind yourself of this to help you think of the bigger picture when you are overwhelmed.

2



Your permission slip to rest

I know, I know, you're overwhelmed because you are so busy, so when are you going to find the time to rest?

You deserve rest. That's how you can recharge and how things start to feel less overwhelming.

It's OK to not always be productive all the time, despite what society tells us everyday - that you have to be busy to feel like you've achieved something with your day.

Consider this your permission slip to rest today - in whichever way feels good to you - just sitting down with a cuppa for 5 mins is a great start.

3



Ask for help

I know sometimes it's easier to just get on and do things yourself than ask for help.

But you can't and shouldn't have to do everything on your own.

Asking for help doesn't mean you are failing, in fact asking for help is courageous. It's OK to say that you just can't do it all.

What one thing can you ask for help with today that would make life feel a little bit easier?

4



Cut yourself some slack

When you're super stressed and you're trying to get everything you need to get done as quickly as possible, it's hard to step back and look at;

What kind of expectations have I got for myself here?

Are they actually realistic with the time and energy I've got right now?

Try to cut yourself some slack and realise that it's OK to aim for good enough instead of perfect.

5



What can you say no to?

What are you doing because you think you should do it and not because you want to?

Your time and energy is precious.

Any down time that you have, it's OK to choose how you want to spend it and not feel obligated to do something or see someone you don't want to.

Spending time instead doing something you love and enjoy is going to recharge you, and help you feel less overwhelmed.

Your needs matter too.



Thank you for reading and I hope these 5 mini pep talks have helped ease your overwhelm even just a tiny bit.

I'd love to hear which pep talk resonated the most with you - get in touch and let me know!





Hi, I'm Jenna, a Coach for Mums and a mum of 3. I'm on a mission to help as many mums as possible to feel happier and live a life that feels good to them.

I listen to overwhelmed and exhausted mums with young kids, talk about what they really want and need, and together we set goals and take small (totally do-able) steps, that create long-lasting change.

You can find out more about me and how to work with me [here](#).