MOM'S MENTAL HEALTH

Survival Guide

Practice the "Oxygen Mask" Rule

Take care of yourself first to effectively care for your kids.

Hold onto Spiritual Anchors

Regularly meditate on Scripture that offers strength, hope, and encouragement

Use the "15-Minute Rescue"

When overwhelmed, set a timer for 15 minutes to tackle just one stressful task—laundry, dishes, or emails.

Prioritize Sleep and Rest

Lack of rest significantly impacts mental health. Create a calming bedtime routine and get 7-8 hours if possible.

Find a Supportive Mom Tribe

Connect regularly with other moms who understand your struggle, offering empathy and encouragement.

Build a "Survival Kit"

Keep tools handy for quick relief during stressful moments: calming playlists, a journal, chocolate, or favorite scripture verses.

Remember:

It's okay to not be okay.