

MAMA SELF-CARE SURVIVAL KIT



**Because burnout isn't a
badge of honor.**

by Vanessa Moyers

Welcome, Mama.

Let's be honest – if one more person tells you to “just take a bubble bath” when your brain is in meltdown mode, you might scream.

You don't need a spa day.

You need small, powerful ways to reclaim your energy – in the middle of the chaos.

This kit is your no-fluff, guilt-free guide to feeling human again. These ideas are fast, flexible, and made for real life – the kind where your kid is melting down, your coffee's cold (again), and you're wondering if deep breaths even work anymore.

Let's fix that.

1. 5-MINUTE RESET MENU

QUICK SELF-CARE THAT ACTUALLY MAKES A DIFFERENCE. CHOOSE ONE:

- STEP OUTSIDE AND TAKE 10 DEEP BREATHS
- LOCK YOURSELF IN THE BATHROOM AND STRETCH
- LISTEN TO A FAVORITE SONG WITH YOUR EYES CLOSED
- TEXT A FRIEND "JUST THINKING OF YOU"
- LIGHT A CANDLE AND SIT. THAT'S IT.

2. THE "NOT TODAY" LIST

SOMETIMES SELF-CARE IS WHAT YOU DON'T DO. GRAB A PEN AND WRITE:

- I DON'T OWE ANYONE AN EXPLANATION FOR SAYING NO.
- I'M NOT DOING DISHES RIGHT NOW.
- I DON'T HAVE TO RESPOND TO THAT MESSAGE TODAY.
- I'M ALLOWED TO PUT MYSELF ON THE LIST.

3. THE CALM CORNER BLUEPRINT

MAKE A 2X2 FT "CALM ZONE" FOR YOU.

- KEEP A JOURNAL, CANDLE, COZY THROW, OR DIFFUSER.
- ADD A NOTE: "THIS SPACE BELONGS TO A BADASS MAMA. DO NOT DISTURB UNLESS SOMEONE'S BLEEDING."
- GO THERE. EVEN FOR 3 MINUTES.

4. THE ND MAMA REFRAME

INSTEAD OF "I'M OVERWHELMED," TRY:

- "I'M DOING A LOT, AND I'M STILL STANDING."
- "THIS MOMENT IS HARD. IT WON'T LAST FOREVER."
- "I'M ALLOWED TO FEEL THIS WITHOUT FIXING IT."

5. ONE-LINER MANTRAS THAT HIT HARD

PRINT OR POST THESE WHERE YOU'LL SEE THEM:

- I'M NOT HERE TO BE PERFECT. I'M HERE TO BE REAL.
- I TAKE UP SPACE IN THIS HOUSE, TOO.
- I'M NOT AVAILABLE FOR MARTYR-MODE PARENTING.
- DONE IS BETTER THAN PERFECT.
- SURVIVAL COUNTS.

KEEP THIS KIT VISIBLE.

PUT IT ON YOUR FRIDGE. STICK IT IN YOUR PLANNER. SCREENSHOT IT FOR YOUR LOCK SCREEN.

BECAUSE YOU MATTER. AND YOU DON'T HAVE TO BURN OUT TO PROVE IT.

Meet Vanessa — an unfiltered empowerment coach for gaslit ND mamas raising outside-the-box kids. Around here, we ditch the guilt, drop the apologies, and build the confidence you need to advocate like a badass and raise your legend with zero fear.



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You've got **this**, Mama!! I've got **you!**

XO Vanessa XO

