

THE CALM MAMA RESET KIT



**Because meltdown
management starts
with you.**

by Vanessa Moyers

INTRO: THE REAL TALK

Let's be honest, mama – raising a neurodivergent child is not for the faint of heart. You're juggling meltdowns, therapies, sensory storms, and school drama, all while trying not to lose your cool at the seventh snack request of the hour.

You're not weak. You're just wired for survival. And right now, your nervous system is waving a white flag.

That's where the Calm Mama Reset Kit comes in. This isn't another "self-care" list filled with bubble baths and essential oils. This is real, quick, regulation – the kind that helps you ground, breathe, and get back to being the anchor your family needs (without losing your mind in the process).

SECTION 1: THE 5-MINUTE RESET ROUTINE

When the chaos hits — when the cereal spills, the IEP meeting explodes, or your kid is melting down — this is your quick, no-fluff reset plan.

Step 1: Ground.

Put one hand on your chest and one on your belly. Say out loud: I'm safe. I'm not in danger. I'm allowed to pause.

Step 2: Breathe.

Inhale for 4 counts, hold for 2, exhale for 6. Repeat three times.

Step 3: Name it.

Say what you're feeling out loud — "I'm angry." "I'm overwhelmed." "I'm overstimulated." Naming it gives your brain a handle on the chaos.

Step 4: Shift.

Ask yourself: What outcome do I actually want here? Respond from that place — not from panic.

Step 5: Recover.

If all else fails, step out of the room, breathe in your car, or hide in the pantry for 90 seconds. You're not running away. You're regulating.

Print Tip: Keep this page on your fridge or in your car visor as your emergency calm plan.

A 5-MINUTE RESET CHECKLIST

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SECTION 2: CALM MAMA JOURNAL PROMPTS

Quick reflections for those moments when you're running on fumes but still trying to parent with intention.

- What's actually mine to fix right now?
- What emotion am I modeling for my child?
- What's the story I'm telling myself about this moment? Is it true?
- What do I need — rest, space, help, or grace?
- What does calm look like for me today?

Pro Tip: You don't need a fancy journal. Use your phone's notes app, a napkin, or the back of an IEP printout.

SECTION 3: THE SENSORY RESET MENU

You're sensory-sensitive too, mama. When your kid's meltdown collides with your sensory overload, everyone loses. Use this menu to soothe your nervous system fast.

Visual Calm:

- Look out a window for 30 seconds.
- Dim the lights or step into a darker space.
- Focus on one grounding color — bonus if it's your favorite.

Auditory Calm:

- Play white noise or your "I need space" playlist.
- Step outside and listen to real-world sounds — birds, wind, your own breath.

Tactile Calm:

- Grab a soft blanket or stress ball.
- Run cold water over your hands for 10 seconds.
- Use your kid's weighted lap pad — it works for you too.

Make It Yours: Create a small "Calm Mama Basket" with a candle, lotion, and one fidget toy that's just for you.

Visual Calm

Auditory Calm

Tactile Calm

SECTION 4: THE REGULATION ROADMAP

When your body's in fight, flight, or freeze — this roadmap gets you back to center.

Notice the Signs: racing heart, clenched jaw, shallow breath, snapping tone.

Pause the Pattern: say “pause” out loud or take a physical step back.

Move the Energy: stretch, shake your hands, or walk to another room.

Reconnect: place a hand on your chest and repeat, “I’m safe. My child is safe.”

Re-Enter: once calm, re-engage from a grounded place — not a reactive one.

Bonus: Teach this to your ND kid — they learn calm by watching you practice it.

SECTION 5: THE BOUNDARIES & BURNOUT MINI- WORKBOOK

You can't regulate when your boundaries are on life support.
Use these pages to reclaim your peace.

The One-Minute No:

Write out one sentence you can use to say no without guilt.

Example: "Thanks for thinking of me, but I can't commit to that right now."

The 3-Thing Filter:

Before saying yes, ask:

1. Does it support my mental health?
2. Does it honor my time?
3. Does it align with my values?

** If it doesn't check at least two boxes, it's a no.*

Reset Affirmations:

- "Calm is my power."
- "I can pause before reacting."
- "I'm not failing — I'm resetting."
- "Peace isn't quiet. It's control."

The One-Minute No:

The 3-Thing Filter:

Reset Affirmations:

SECTION 6: THE TAKEAWAY

Calm isn't the absence of chaos — it's your ability to stay steady inside it.

When you reset your nervous system, you give your ND child a map for how to do the same. You teach emotional intelligence by living it — one deep breath, one boundary, one messy moment at a time.

Because you're not just surviving this season. You're rewriting the playbook.

And that, mama, is power.

CONNECT + GROW

Want to keep building your calm muscle? Join **ND Mamas Unfiltered** — our real-talk community where burnout meets breakthrough and calm becomes your superpower.

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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themamafestomethod@gmail.com

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

XO Vanessa XO

