

Free Download

OVERCOMING *Mom Burnout*

10 printable pages to help
you navigate motherhood
without the meltdowns

Hey Mama,



I'm so glad you're here! Becoming the mother God created you to be is a beautiful journey and I want to help you with it! I am a mom who has experienced the frustration and overwhelm motherhood is apt to bring. It isn't what God designed for us though. He did not intend for this job to feel like a heaviness that weighs on our soul. Instead we should enjoy it and love our families with the same exuberance that God loves us with! I pray this resource blesses you during the trying days and enables you to feel God's peace and blessings.

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Busy Moms, Christian Homes

Let's Get Started

Managing burnout means taking steps to prevent it, or lessening the mental load we carry. This means drawing close to God, casting your burdens on Him and following scripture. Then we have to look at the life around us and how we are approaching it.

Where can we better organize ourselves so we have less “noise” in our minds? Where can we let go of unnecessary worry? How can we find time to rest, even if it means resting with our children? Start brainstorming some ideas below.

BRAIN DUMP:

Weekly Planner

MEALS

BASIC CHORES

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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Before You Greet Your Children...

When you wake in the morning, whether by a young person or on your own, do these things before you greet your children. Set your heart on God's will for the day and fill your heart with His love.

- ☐ Ask God for His daily plan
- ☐ Thank God for a fresh morning
- ☐ Recite your favourite verse
- ☐ Pray as you walk to your child's room
- ☐ Greet your child with God's love



Deuteronomy 6:7 - Teach love

After doing these things, how has your morning routine changed? Do you approach your children differently?

Scripture for your Thoughts

What are the common things you find yourself thinking during the day? The words that are on repeat in your head, change them into the promises God has for you. A scripture for your thoughts!

THOUGHT

What if I'm doing this wrong?

I need a break.

These kids are driving me crazy.

I feel so alone.

All I do is cook, clean and look after children!

SCRIPTURE

Trust in the Lord with all your heart.
Proverbs 3:5

I find rest in your presence.
Isaiah 33:14

You are given a spirit of self-control.
2 Timothy 1:7

I am with you always.
Matthew 28:20

You do not labour in vain.
1 Corinthians 15:58

Writing Prompts

The action of writing things down has a way of helping us deal with the problem. Sometimes we need to spend time journaling, to put things onto paper and out of our minds. Use these prompts to record thoughts, feelings and emotions you are feeling!

P R O M P T

What is something that
went well today?

T H O U G H T

P R O M P T

What is something that is
frustrating me?

T H O U G H T

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P R O M P T

What made me laugh today
(or at least smile)?

T H O U G H T

P R O M P T

What made me cry (or
could have made me cry)?

T H O U G H T

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P R O M P T

My favourite part of the day
is...because...

T H O U G H T

P R O M P T

The part of the day I dread
the most is...because...

T H O U G H T

Writing Prompts

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P R O M P T

The motherhood gifts God
has given me are...

T H O U G H T

P R O M P T

The areas I feel weak or
unqualified are...

T H O U G H T

Give it to God

Everything you are feeling,
experiencing and dealing with...
give it to God. Make a list here
or write Him a letter that
includes everything from your
day. The good, the bad and the
wonderful!





Managing Motherhood Meltdowns

1

Ask God to step
into the chaos and
be your peace.

2

Look at your
children through
God's eyes.

3

Think of 3 things
you are thankful
for.

As you head into the situation keep these three things on your mind. God is with you, He is bringing you peace. He loves your children (or your spouse, or whatever you are facing) and you need to approach it with His love. God also has been good to you, there are blessings all around you and He will continue to be good to you!

Thank-you!

If this blesses you, please tell a friend where you found it!

I love being able to help women on their motherhood journeys. I pray this resource has helped you in your days of uncertainty and brought you closer to God. For more resources visit my website or check out my Etsy store.



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Ready for More?

Check out my devotional/doodle/colouring book, written and designed to help moms take a few minutes to unwind, draw close to God and see the beauty in motherhood. Available on [Amazon](#)!



Consider the
Wildflowers

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