

The Mum 'Circuit Breaker'

Save this for the exact moment your patience reaches zero.

Today, you were running a flawless masterclass in having it all under control until the wrong type of pasta sent you into a silent, full-body panic.

STEP 1 - THE SYSTEM CHECK

A 10-second thinking exercise
to locate the overload before you try to fix it.



My body needs
something



My brain is
overloaded



My emotions are
spilling over



STEP 2 - THE SIGNAL REFRAME

Where is the pressure leaking right now?

THE BODY SIGNAL:

- ☐ are you holding your breath?
- ☐ are you clenching your jaw?
- ☐ are you running on barely any sleep, cold tea & dreams?

THE BRAIN SIGNAL:

- ☐ are you running +40 open tabs in your head?
- ☐ are you tracking everyone else's needs but not your own?

THE EMOTIONAL SIGNAL:

- ☐ furious
- ☐ tearful
- ☐ suffocated
- ☐ touched out
- ☐ drowning in 'good girl' guilt



STEP 3 - YOUR RESET



1. 🖐️ STOP: Safe spot for baby. Feet on floor. (Cot is fine.)
2. 🫁 BREATHE: 5 long exhales (In 4, Out 6).
3. 🧠 VALIDATE: 'Of course I'm overstimulated. This is A LOT!'
4. ⚡ RESET: Pick 1 thing right now: Drink water / Lower the bar / Step away.