

How to Avoid Mom Burnout



Discover Your Needs

To avoid mom burnout, try to do one important thing every day. Be ruthless with your own health and well-being!



Practice Stopping

Just simply stop, close your eyes, and sit there for a few seconds. Take 3 deep breaths, and regulate your heart rate.



Journaling Prompts

How am I...



- Taking care of myself?
- Actively working on staying healthy?
- Supporting myself?
- Showing up as a partner?
- Supporting my family?
- Showing up for my children?
- Running my business?

Take Care of Yourself

Taking breaks, eating well, staying healthy, having fun, and spending time rejuvenating.



READ FULL POST:
[HTTPS://SANESPACES.COM/2025/05/MOM-BURNOUT-PUT-OXYGEN-ON-FIRST-2/](https://sanespaces.com/2025/05/mom-burnout-put-oxygen-on-first-2/)