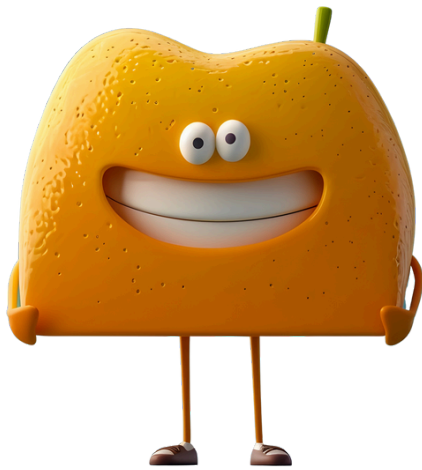


# momwhelm decoder



[mom·whelm]



A humorous checklist that helps momwhelmed moms like you quickly assess whether you're in "survival mode" or thriving... with fun, practical tips to build resilience depending on where you 'land' today.

Are you in 'survival mode' or 'thriving mode'?

## Survival Mode

- Didn't finish your coffee (again)
- Forgot what day it was at least once
- Still wearing yesterday's leggings
- Laundry 'mountain' taller than your kids

## Quick Actions

- Give yourself permission to take a 5-minute breather (hide in the bathroom if you needed!).
- Choose one small win to celebrate (drank water, wrangled the kids like a pro).
- Do a mini-mental vacation—close your eyes and imagine you're anywhere but here (tropical island, a quiet cabin — your call!).

## Thriving Mode

- Ate breakfast (that wasn't your child's leftovers)
- Crossed something off your to-do list... on purpose
- You remembered your coffee and drank it while it was still warm

## Next-Level Actions

- Treat yourself to 3 minutes of guilt-free "me-time" (watch a cat video, scroll without guilt).
- Find one thing to look forward to today —big or small.
- Tell yourself one thing you did well today, no matter how small. You're rocking it!



Are you in 'survival mode' or 'thriving mode'?



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**The Momwhelm Decoder helps build resilience by encouraging self-awareness and the identification of emotional states, which are key components of emotional resilience.**

### **Here's how it works based on psychological principles:**

#### **Self-Awareness and Reflection:**

The checklist allows moms to reflect on their current emotional and mental state. Identifying whether they're in "survival mode" or "thriving mode" encourages mindfulness, which helps in building emotional resilience. This self-reflection strengthens your ability to monitor and adjust your responses to stress in real-time. According to research, individuals who regularly engage in self-reflection are better equipped to manage stress and avoid burnout.

#### **Reinforcement and Small Wins:**

Celebrating small wins and acknowledging achievements, no matter how minor, boosts self-esteem and encourages positive thinking.

### **Studies show that acknowledging small successes can rewire the brain for positivity, making it easier to manage stress and stay resilient in difficult situations.**

**This concept is based on the principle of positive reinforcement, where recognizing even small achievements can create a feedback loop that builds motivation and emotional strength over time.**

1. **Stress-Relief Techniques:** The quick actions suggested in the Decoder, such as taking a 5-minute breather or doing a mini-mental vacation, are grounded in cognitive behavioral therapy (CBT) techniques. These activities help break negative thought patterns and reduce the immediate effects of stress, allowing the brain to reset and return to a more balanced emotional state.
2. **Self-Compassion and Flexibility:** By encouraging moms to practice self-compassion (like giving themselves permission to take a break or celebrate small victories), the Decoder helps reduce perfectionism, which can lead to chronic stress and burnout. Research on self-compassion shows that it is linked to lower levels of anxiety and depression, while fostering greater emotional resilience and overall well-being.

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