

# When life says, 'Just Kidding!'



[mom•whelm]



## Your Quick Guide When Plans Go 'POOF!'

### 1 Keep Calm Kit

- Take 5 Deep Breaths: "Feel that calm creeping back in? You got this!"
- Stretch & Shake: Do a quick stretch and shake out the stress, as if you're shaking off the change in plans. (Bonus points if it looks like a funky dance move!)

### 2. Pivot Plan

What was the original plan?

What's a new plan? (Simplified, flexible alternative)

Pick One 'Must Do' (The 1 thing that must happen today)

### 3. Embrace the Chaos!

Tiny Win List: Every small victory counts. List 3 tiny wins you can do to turn this day around.

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### 4. Play The Upside Down Game

Look for the silver lining, no matter how small. Write it here.



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The Plan B Pep Talk is a great tool for building resilience, because it encourages a positive mindset and flexibility when plans go off-track—two core skills of resilient people. Here’s how it helps:

- **Encourages Flexibility:** By pivoting from the original plan to a “Plan B,” it reminds you that you don’t have to abandon your day’s goals entirely, but can adapt them to suit new circumstances. Learning to “go with the flow” is essential for resilience because life rarely goes exactly as planned.
- **Normalizes Setbacks:** When things don’t go as expected, it’s easy to feel defeated or frustrated. This printable helps you see the hiccups as normal parts of life rather than catastrophes. Normalizing setbacks helps prevent negative self-talk and builds confidence.
- **Promotes a Positive Mindset:** With sections like “Tiny Wins List” and “Play The Upside Down Game”, the Plan B Pep Talk helps you find silver linings and small, uplifting moments even in the midst of chaos. Focusing on positives helps reframe challenges and reduces stress, which is crucial for maintaining emotional balance and resilience.
- **Provides Quick, Achievable Actions:** By offering simple, doable steps to reset, this tool helps you feel more in control, even in chaotic situations. Having a set of small, positive actions to take can keep you from feeling overwhelmed, boosting your sense of capability and self-reliance.
- **Builds Problem-Solving Skills:** Going through the steps of acknowledging the original plan, redefining a new one and setting one priority fosters creative problem-solving. The practice of finding solutions to minor disruptions strengthens mental flexibility, which is critical for resilience in handling larger life challenges.
- **Fosters Calm and Action:** By injecting calm and a focus on action, these help encourage you to view life’s imperfections and challenges through a more positive, yet realistic, lens. This helps to release tension, boost mood, and build an optimistic outlook, making it easier to approach future disruptions with confidence.

Life’s curveballs can’t knock you down when you’ve got a game plan and a sense of humor! Here’s to embracing the messy, wonderful, and wildly unexpected momwhelm moments.

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**Defn: A level of overwhelm specific to moms**

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