




# Overcoming Overwhelm

A Mother Far from Home  
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# Self-Care for Moms

## Self-Care Suggestions

- go to bed early
  - take a nap
  - a warm bath
- get a low maintenance haircut
- get dressed in the morning
  - read a novel
- have a girls night out
  - exercise
  - learn to say no
- find (then do) a hobby

## What Makes Me Feel Relaxed



Relationships that are thriving

Blank space for writing about thriving relationships.

Why I think they're thriving

Blank space for writing reasons why thriving relationships are thriving.

Relationships that are struggling

Blank space for writing about struggling relationships.

Why I think they're struggling

Blank space for writing reasons why struggling relationships are struggling.

My Relationship Goals

Blank space for writing relationship goals.

# Overwhelm Triggers

Things that  
cause stress

Possible  
solutions



Trust in the LORD with all your heart, and do not lean on your own understanding.

Proverbs 3:5

But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ.

Phillipians 3:20

He has made everything beautiful in its time. Also, he has put eternity into man's heart, yet so that he cannot find out what God has done from the beginning to the end.

Ecclesiastes 3:11

This is my comfort in my affliction, that your promise gives me life.

Psalms 119:50

I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

Psalms 32:8

Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

John 16:24

Be still, and know that I am  
God. I will be exalted among the  
nations, I will be exalted in the  
earth!

Psalm 46:10

As the Father has loved me, so  
have I loved you. Abide in my love.  
If you keep my commandments, you  
will abide in my love, just as I have  
kept my Father's commandments  
and abide in his love.

John 15:9-10

Call to me and I will answer you,  
and will tell you great and hidden  
things that you have not known.

Jeremiah 33:3

Our bodies had no rest, but we  
were afflicted at every  
turn—fighting without and fear  
within. But God, who comforts the  
downcast, comforted us by the  
coming of Titus.

2 Corinthians 7:5-6

The Spirit of the Lord GOD is upon me,  
because the LORD has anointed me to  
bring good news to the poor; he has sent me  
to bind up the brokenhearted, to proclaim  
liberty to the captives, and the opening of the  
prison to those who are bound.

Isaiah 61:1

And the angel of the LORD  
came again a second time and  
touched him and said, "Arise  
and eat, for the journey is too  
great for you.

1 Kings 19:7

Get wisdom; get insight; do not forget, and do not turn away from the words of my mouth.

Proverbs 4:5

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the LORD forever, for the LORD GOD is an everlasting rock.

Isaiah 26:3-4

And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Galatians 6:9

But Hannah answered, "No, my lord, I am a woman troubled in spirit. I have drunk neither wine nor strong drink, but I have been pouring out my soul before the LORD.

1 Samuel 1:15

And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Genesis 2:2-3

Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.

Isaiah 43:18-19



May the LORD give strength  
to his people! May the LORD  
bless his people with peace!  
Psalm 29:11

The LORD is near to the  
brokenhearted and saves the  
crushed in spirit.  
Psalm 34:18

The wisest of women builds her  
house, but folly with her own  
hands tears it down.  
Proverbs 14:11

As one whom his mother comforts,  
so I will comfort you.  
Isaiah 66:13

I can do all things through him  
who strengthens me.  
Phillipians 4:13

Charm is deceitful, and beauty  
is vain, but a woman who fears  
the LORD is to be praised.  
Proverbs 31:30

# Problems in the Kitchen

Current reasons cooking is stressful:

Where I am failing in the cooking/planning realm?

What is working for me in the kitchen?

Brainstorm Ideas to Make Planning, Prepping, and Cooking Easier

**Bullet  
Prayers**  
for the  
overwhelmed  
mom

Give me wisdom for  
today's struggles.

Reveal yourself to me  
in the mundane.

Show me how to glorify  
you in this situation.

Nudge me when my  
answer "should be"  
no.

Show me where I'm  
feeling false guilt, not  
your conviction.

Help me choose what  
things to take off my  
plate for the time  
being.

Take my overflowing  
emotions, Lord, and  
keep me safe.

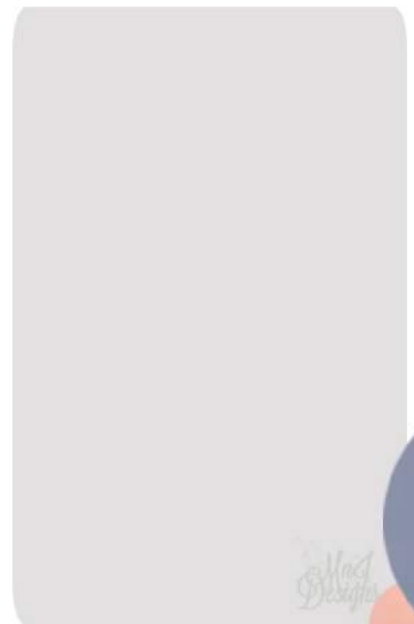
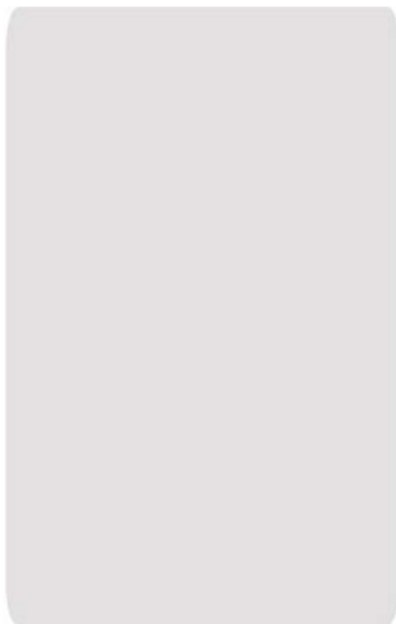
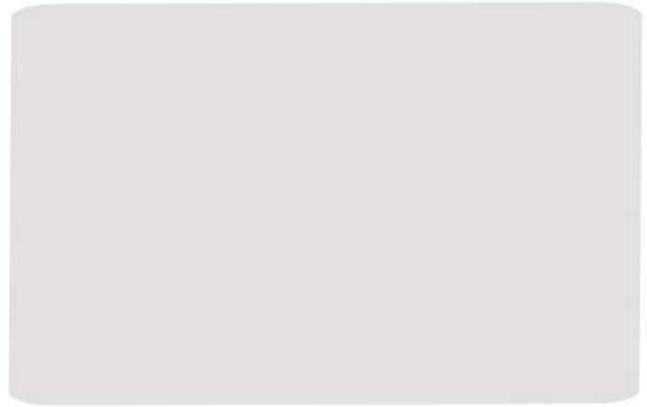
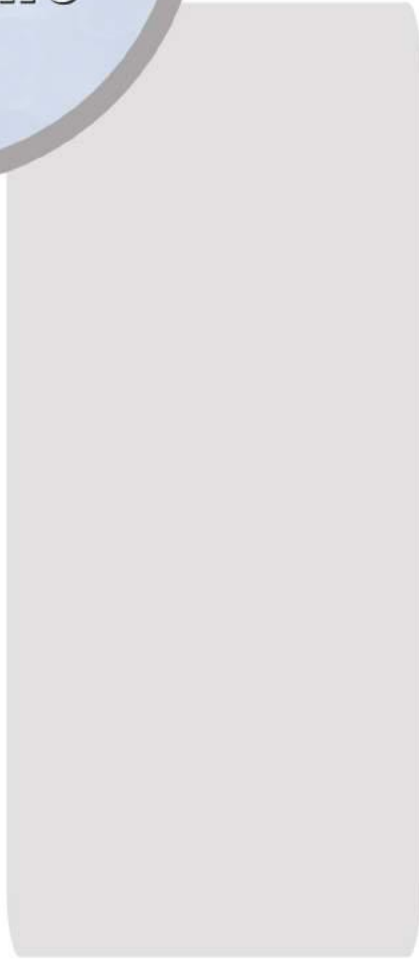
Give me supernatural  
rest, though my  
sleeping hours be few.

Show me which  
relationships draw me  
away from you.

Teach me how to rest  
in you so I may have  
peace.

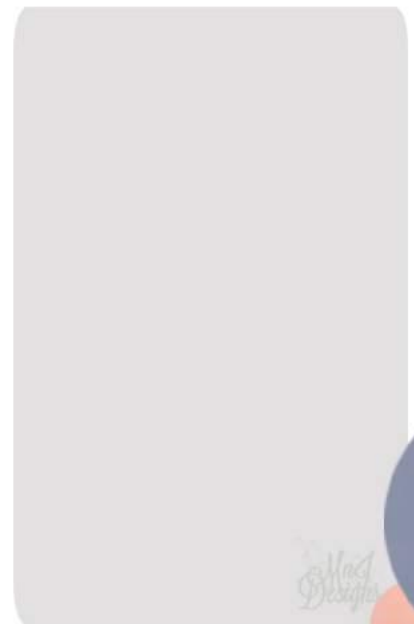
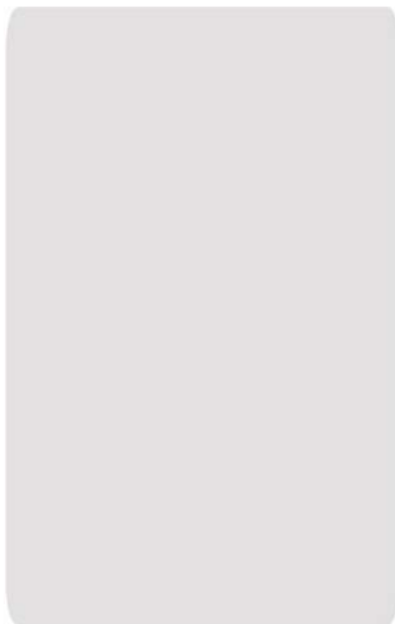
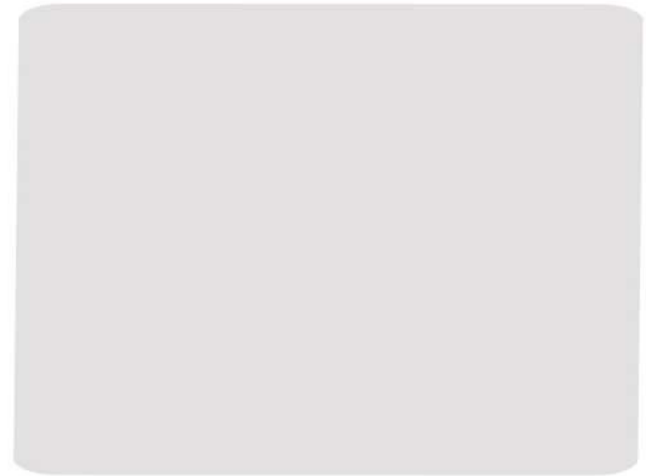
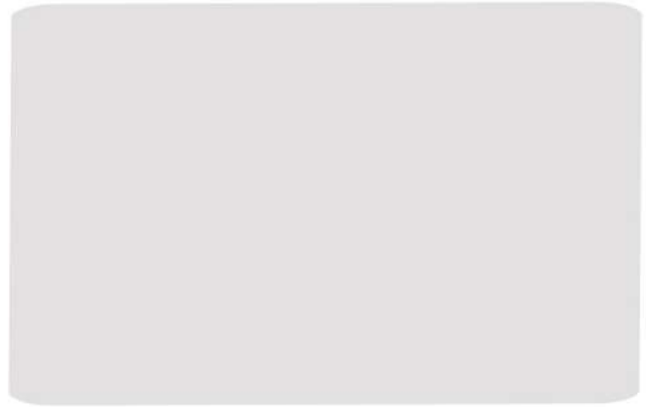
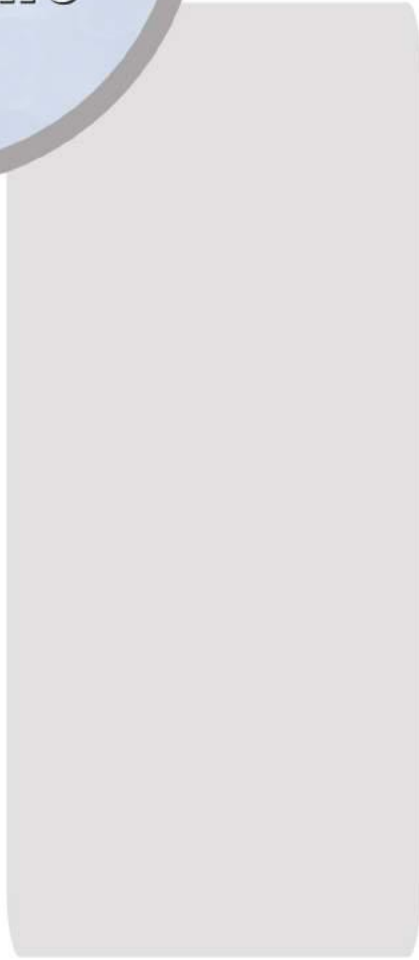
# Evening Routine

Finish Your Day Well



# Morning Routine

Start your Day Off Right





# My Days

Parts of my days that work

Parts of my day that are chaotic

Stress triggers throughout my day

Ways to calm the chaos



# Family Priorities

Relationship Priorities:

Financial Priorities:

Spiritual Priorities:

Service Priorities:

Future Looking Priorities:

# Menu Plan



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

B

L

D

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B							
L							
D							



