

CALM IN THE CHAOS

A 2-Minute Reset for Overstimulated
Moms



BLOOMING
STILL

Reset Flow

In moments when the house is loud, the kids are bouncing off the walls, and your patience feels thin, this flow helps you **pause, breathe, and respond with grace.**

Pause



Take a slow, intentional breath.

Notice your body: shoulders, jaw, stomach. Let yourself feel what you're feeling.

Whisper or pray: *"Lord, help me find a moment of calm in this chaos."*

Regulate



Ground Yourself in the Moment.

Unclench your jaw, soften your shoulders, press your feet to the floor. Take a few deep breaths, imagining God's peace filling your body.

"Be still and know that He is God" (Psalm 46:10).

Reframe



Shift Your Perspective, name one thought that is feeding stress or frustration.

Ask: *"What truth from God can replace this?"*

- "I'm not failing; I'm learning with my kids."
- "God's grace is enough for this moment."

Respond



Move with Calm and Clarity

Choose a gentle action: speak kindly, take a step back, or offer a quiet hug. Let your next words and actions be rooted in patience, clarity, and love.

"I can do all things through Christ who strengthens me" (Philippians 4:13).

Anchor - Prayers, Scriptures & Affirmations for Moms

Use these during or after the Reset Flow to anchor your heart and restore perspective.

Prayers	<ul style="list-style-type: none">● <i>“Lord, fill me with patience and Your peace right now.”</i>● <i>“God, help me respond with grace, even in the chaos.”</i>● <i>“Thank You for holding my heart and my children in Your hands.”</i>
Scriptures	<ul style="list-style-type: none">● <i>Isaiah 40:31 – “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”</i>● <i>Psalms 34:17 – “The righteous cry out, and the Lord hears them; He delivers them from all their troubles.”</i>● <i>Philippians 4:6–7 – “Do not be anxious or worried about anything, but in everything by prayer and petition with thanksgiving, continue to make your requests known to God. And the peace of God which transcends all understanding, stands guard over your hearts and your minds in Christ Jesus.”</i>● <i>Isaiah 40:29 – “He gives strength to the weary and increases the power of the weak.”</i>
Affirmations /Declarations	<ul style="list-style-type: none">● I am held, loved, and guided by God.● Grace is enough for this moment.● I am blooming still, even in the middle of chaos.● Peace begins with me; calm is contagious.

You don't need to be a perfect mom... just a present one.

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