

7-Day Mom Burnout Checklist

7-Day Burnout Recovery Checklist for Mothers

Name: __ Week of: __ Age: __

Day 1 – Awareness

- I acknowledged that I may be experiencing burnout
- I wrote down three things that are draining my energy
- I allowed myself to feel tired without guilt

Reflection:

What part of motherhood feels heaviest right now?

Day 2 – Lightening the Mental Load

- I listed tasks that only I handle in the household
- I identified one task someone else could help with
- I asked for help or considered delegating something

Reminder:

You don't have to carry everything alone.

Day 3 – Micro Rest

- I took 10 minutes completely for myself
- I sat down and breathed slowly for one minute
- I allowed myself to pause without feeling productive

Note:

Small rest still counts as real rest.

Day 4 – Boundary Practice

- I said no to one unnecessary request
- I delayed one task that could wait
- I reminded myself that my energy is limited

Note:

Healthy boundaries protect your emotional energy.

Day 5 – Emotional Check-In

- I asked myself how I'm really feeling today
- I wrote down one emotion I've been suppressing
- I practiced self-compassion instead of self-criticism

Note:

Your feelings matter too.

Day 6 – Reconnecting With Yourself

- I spent time on something that is not related to parenting
- I listened to music, read, or went outside
- I remembered something I enjoyed before motherhood

Note:

You are more than your responsibilities.

Day 7 – Support and Recovery

- I talked openly with someone about how I feel
- I explored a mom support group or community
- I considered speaking to a professional if needed

Note:

Support is not weakness. It is care.

Pause and Reflect

What helped me feel slightly better this week?

What responsibilities could I share with others?

What small habit could help me rest regularly?

Write one promise to yourself:

“This week I will give myself permission to...”
