



Five Minutes With Yourself

A low-pressure emotional check-in for the person inside the roles. Write a sentence, circle a word, or simply think through one prompt. You do not have to complete every line for this to count.

DATE: _____

TIME: _____

CAPACITY 0-10: _____

01

What is happening inside me right now?

Name one emotion, one body sensation, and one urge. Example: irritated; tight jaw; want to leave.

02

What is using the most bandwidth today?

Include invisible work: anticipating, remembering, monitoring, deciding, worrying, or managing someone else's feelings.

Ma.Mom.Mama

Holding space for every version of you



Needs are information

You are not required to earn a need by reaching a breaking point. Let the answer be practical, imperfect, and specific to today.

03

What might this feeling be protecting or asking for?

Possibilities: rest, food, reassurance, privacy, choice, appreciation, safety, help, play, quiet, or a clearer boundary.

04

What can wait - and what support can I ask for clearly?

Name one task to pause, lower, share, delegate, decline, or do at a 'good enough' level.

05

What is one kind, doable next step for me?

Keep it small enough for your actual capacity: drink water, step outside, send one text, eat, breathe, ask for ten minutes, or make an appointment.

WHEN A RESET IS NOT ENOUGH

If you are afraid you may hurt yourself or someone else, place your baby or child safely if you can, step away, and get help. Call 911 for imminent danger or call/text 988 for crisis support. For free 24/7 maternal mental-health support (not a crisis line), call/text 1-833-TLC-MAMA.

Evidence note: Emotion labeling, present-moment awareness, self-compassion, and concrete support planning are used in evidence-informed emotion-regulation practice. Sources: Ou et al., 2022; VA National Center for PTSD; HRSA National Maternal Mental Health Hotline.

Use note: Educational resource only; not therapy, diagnosis, or medical advice. Stop if an exercise increases distress, pain, dizziness, numbness, or panic.