

The Mama Method

undesired

Symptoms

DAILY SYMPTOMS THAT MANY MUMS FACE



- Yelling
- Overwhelm
- Mama Guilt
- Not feeling appreciated
- Worrying
- Snapping at the kids
- Fighting with loved ones
- Feeling Lonely

Cause

1. LITTLE TIME FOR SELF
2. MENTAL LOAD
3. PRESSURE

STEPS

My right NOW

My joyful life

Befriending my inner voice

Honoring the skin I'm in

My relationships matter

Going forward with confidence

1

2

3

4

5

6

MIND

BODY

ORGANISE

CONNECT

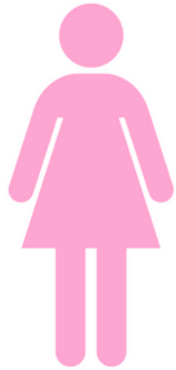
PRINCIPLES

desired

Symptoms

DAILY SYMPTOMS THAT MANY MUMS CAN ALSO FACE:

- Calm
- Able to pass through overwhelm confidently
- Releases Guilt
- Feels loved and appreciated
- Is content
- Patient with the kids
- Communicates easily
- Feels supported



Solution

1. DEDICATED TIME
2. MINDFUL ACTIONS
3. SELF-CONFIDENCE