



Neurospicy Mom Starter Kit

■ Mini Affirmation Card

“I don’t have to fix everything. I just need a soft place to land — and I am that place too.”

■ Self-Care Reminder

Breathe. Drink water. Step outside for 2 minutes. That’s care too.



■ Mood-Boost Smoothie Recipe

“Calm + Clarity in a Cup”

- ½ banana
- ½ cup frozen berries
- 1 tsp chia or flax
- 1 scoop magnesium or protein powder
- 1 cup almond milk



■ **Blend + Sip Slowly While Your Kids Scream in the Background.**

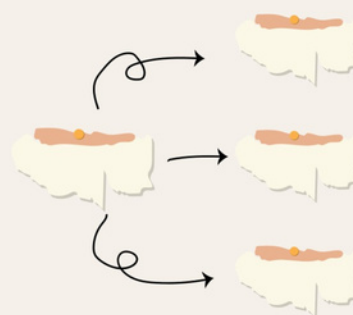
■ Mind Mapping Activity: “My 3-Minute Calm Down Kit”

Draw a small circle in the center of a blank sheet.

Write: “**What helps me feel calmer in 3 minutes?**” -

Branch out with:

- Music I love
- A scent I enjoy
- Something I can doodle
- A mantra or quote
- A texture I like (fuzzy blanket? cat fur?)



■ **Use this map next time your brain feels like spaghetti.**