



Affirmations for Moms Mental Health



I AM TOO BUSY TO REST



I AM WORTHY OF REST



I AM PUTTING MY DREAMS ON THE BACKBURNER FOR MY KIDS



I'VE KNITTED MY KIDS IN MY PLANS



MOTHERHOOD HAS RUINED MY FRIENDSHIPS



I WILL PRIORITIZE QUALITY TIME WITH MY FRIENDS



I'M A HORRIBLE MOM



I'M A LOVING, HEALING AND EVOLVING MOM



I'M DEPRESSED BUT DONT NEED A THERAPIST



THERAPY HELPS ME CARE FOR MY MENTAL HEATH



I DON'T KNOW WHAT TO DO ABOUT MY BUSY SCHEDULE



I WILL NOT OVERBOOK ME OR MY CHILDREN



I FEEL BURNOUT BUT WILL KEEP PUSHING FORWARD



I WILL WALK IN HUMILITY AND ASK FOR HELP