

The 15-Minute Sanity Saver

Realistic Self-Care for Time-Starved Moms

When you're an overwhelmed mom, a 90-minute massage or a weekend retreat isn't always realistic. But 15 minutes? You can find 15 minutes. This guide helps you maximize tiny pockets of time to reset your nervous system.

The 15-Minute Menu

Pick one item from this menu when you feel the overwhelm peaking.

Physical Reset

- **The Cold Water Splash:** Splash ice-cold water on your face, then take 10 deep breaths. (Resets the vagus nerve).
- **The Floor Lie-Down:** Lie flat on your back on the floor with your legs elevated on a chair or couch for 10 minutes.
- **The Block Walk:** Walk briskly around the block once. No phone, no podcast. Just walk.

Mental Unplug

- **The Brain Dump:** Spend 5 minutes writing down everything stressing you out. Then physically throw the paper away.
- **The Micro-Read:** Read exactly one chapter of a fiction book (not a parenting book!).
- **The Nostalgia Trip:** Listen to 3 songs from your high school/college years with your eyes closed.

Environment Shift

- **The One-Surface Clear:** Pick ONE surface (the kitchen island, your nightstand) and clear it completely.
- **The Sensory Change:** Light a candle, dim the overhead lights, and turn on a low-fi beats playlist.
- **The Car Hideout:** Sit in your parked car in the driveway for 15 minutes before going inside.

Your Daily Non-Negotiable

Commit to ONE 15-minute block of time today that is entirely for you.

Today's 15-Minute Promise: _____ **Time I**
will do it: _____

Remember: Self-care isn't selfish; it's the maintenance required to keep the household engine running.