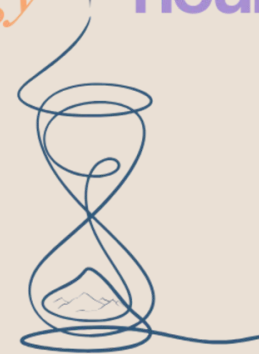


JILL WRIGHT PRESENTS

The Working Mom: Is Balance Possible?

energy ✦ hours

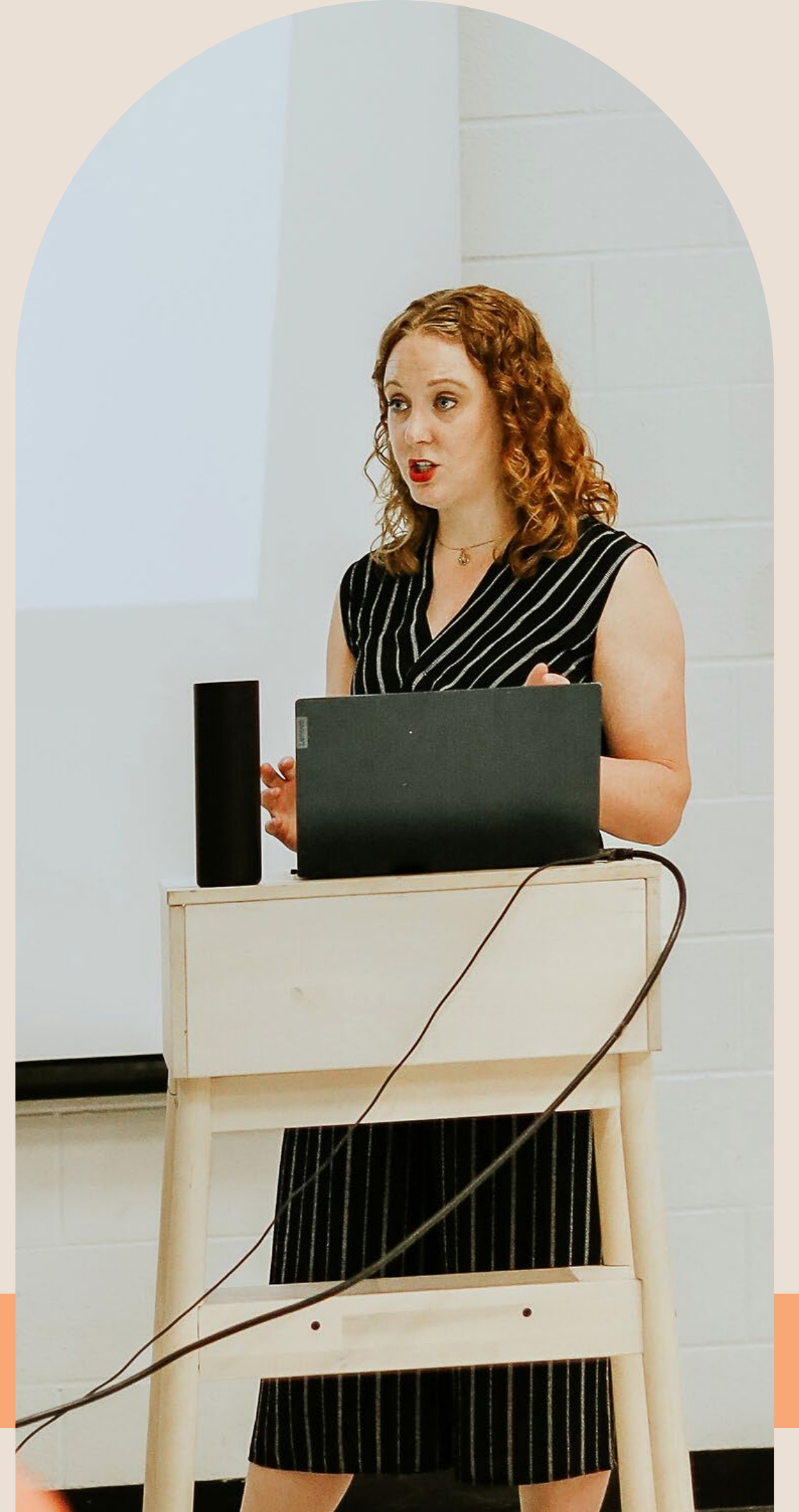


Today's Session

We'll explore what balance and burnout really mean, and why the heck this is happening to us!

We'll talk about the difference between self-care and rest, and I'll give you practical tools you can start using right away to feel better.

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What's your biggest challenge right now around balance?

Tired?
Stressed?
Overwhelmed?
Overstimulated?



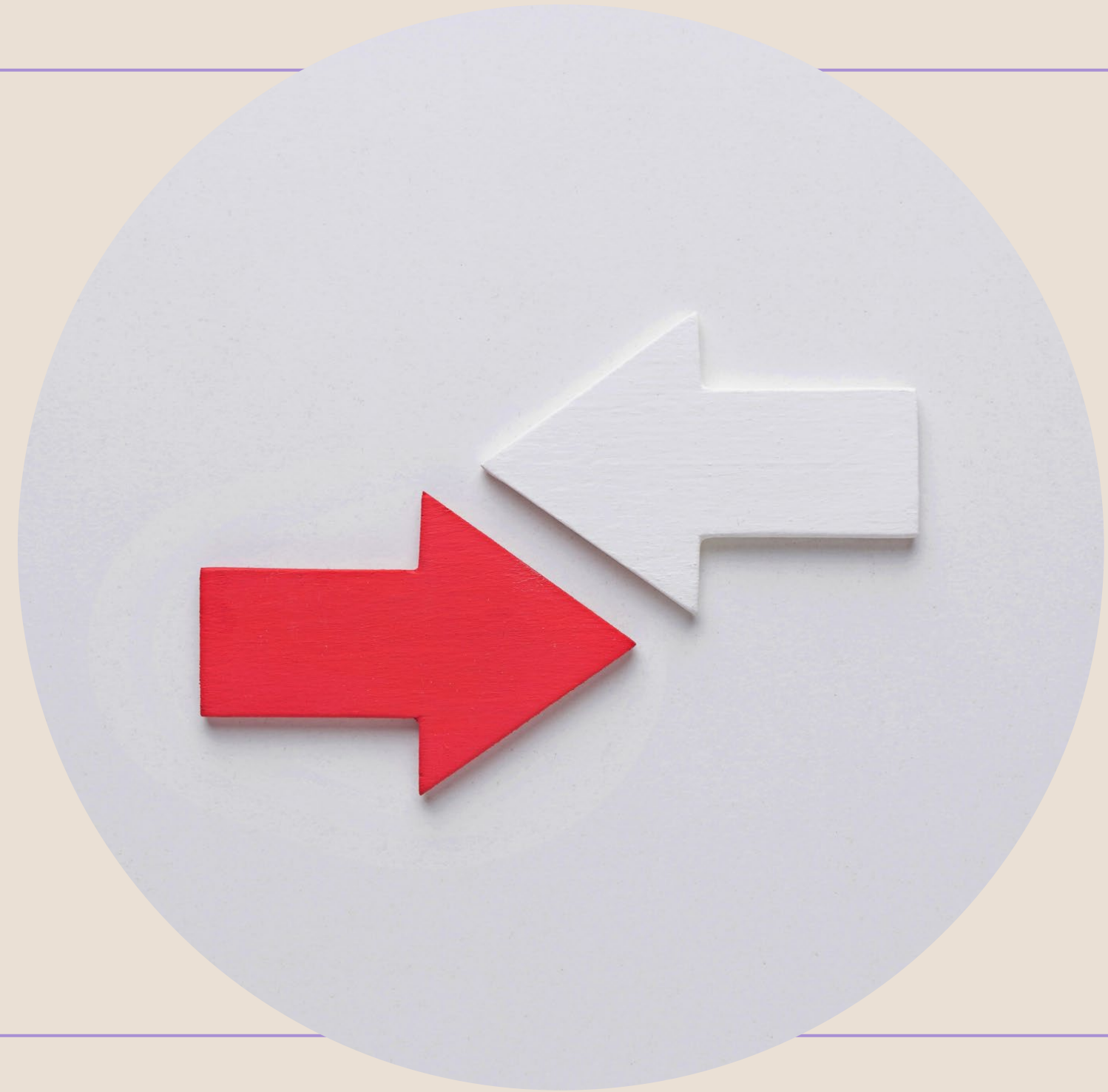
**Let's take a quick second to
acknowledge that we're all doing
our best**



Balance is a Verb

Burnout

The inequal exchange of
energy in and energy out



How burnout shows up

Mind: distracted, resentful, angry, inability to focus, avoidance,
feeling “out of control”

Body: fatigue, aches, stomach issues, insomnia, immune
weakness, irritability



It's a slow burn

We don't go from zero to burnout.

We are often at the point of no return
before we've even realized it's burnout.

Why “Balance” Feels So Hard for Working Mom s



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- We weren't taught the tools of self-regulation and self-care when growing up (so we show up without templates)
- We're carrying the mental load (the invisible planning, coordination, memory-work)
 - We ignore our bodies' signals (tiredness, irritation, avoidance)
 - We skip key regeneration activities (lunch, workouts, good food)
 - We live in a culture of hustle + productivity (so rest feels guilty)

What Leads Us Toward Burnout (and Away from Balance)

It's actually our every day choices. It's not dramatic, but cumulative.



- Ignoring tiredness, pushing through
- Saying “yes” when you want to say “no”
- Doing everything (especially the mental load) by yourself
- Skipping key self-care (workouts, lunch, rest) or relying exclusively on large blocks of time
- Filling every minute with doing rather than being

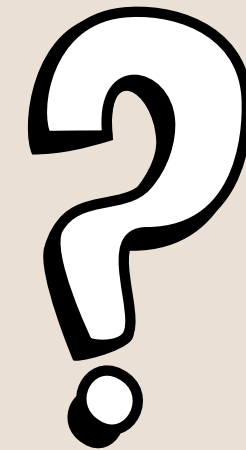
the tools



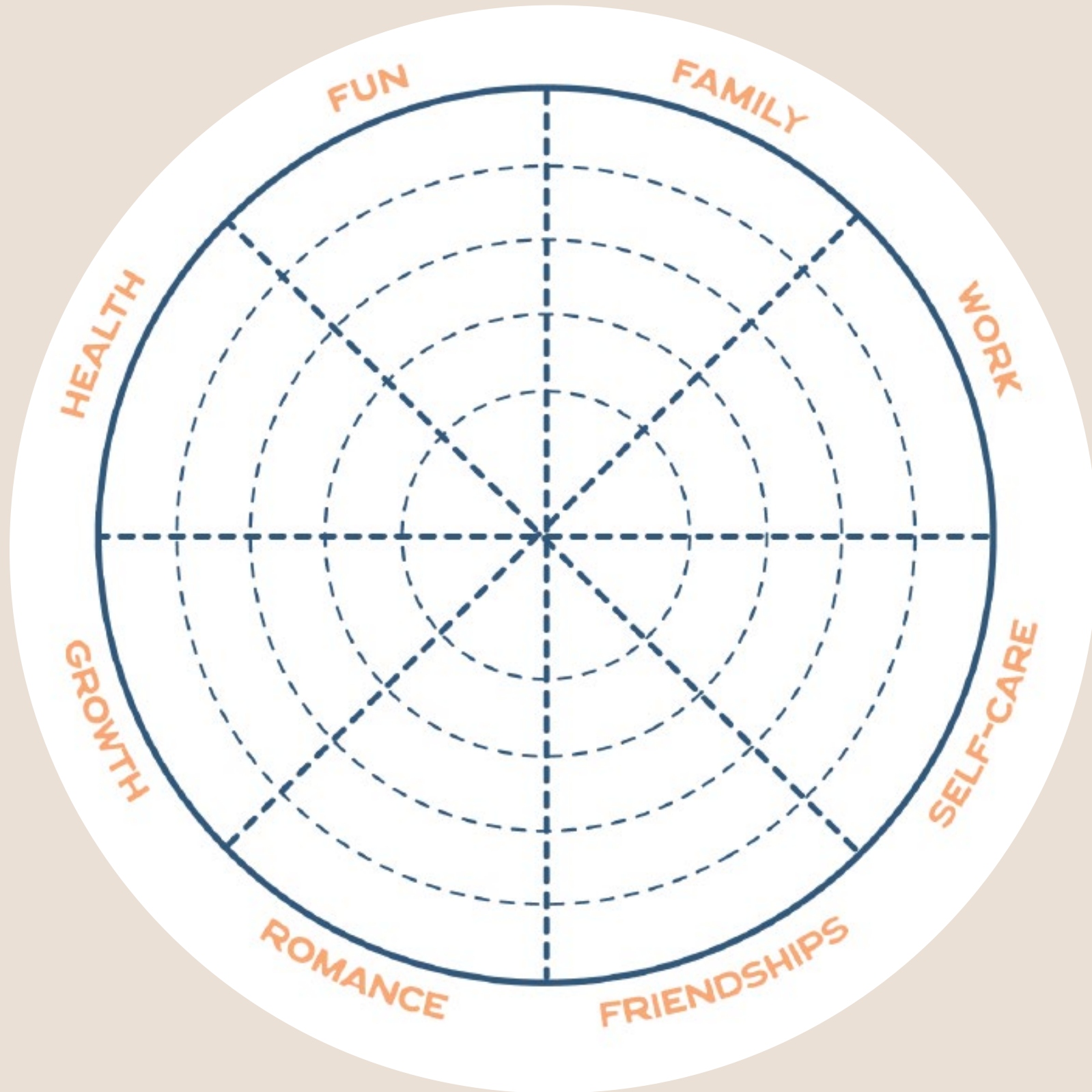
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Life Wheel

Where can you rebalance
the wheel?



Start small so you don't add
to the overwhelm



Self-Care vs Rest

Self-care: intentional actions you do to nourish body, mind, energy (e.g., gratitude, voice note to friend, favourite tea, movement, etc).

Rest : more state of being, allowing the nervous system to recover. Sometimes stillness & quiet; some people need movement & connection.



7 Types of Rest

1. physical
2. mental
3. emotional
4. sensory
5. creative
6. social
7. spiritual



Which type of rest do you
most need right now?

Time Confetti

These tiny fragmented bits of time we try to “fill” (10 minutes here, 5 minutes there) but often lead to feeling scattered rather than refreshed.



Time Confetti Self-Care List

Gratitude

Breathwork

Voice-note to friend

Grounding / clearing

Song

Audio-book

Pour your favourite tea or beverage

Prayer or meditation

(Add any of your own)



Intuitive Self-Care

1. Choose a time
2. Show Up
3. Ask Yourself: What Do I
Need RIGHT NOW?



GLIMMERS

Things that make you smile.



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**Yes, you can have more balance.
But it won't always be peaceful.
And that's okay.**

**Remember, balance isn't a destination, and it
doesn't mean perfect, quiet, always calm.**

**it means you're navigating with more awareness,
more control, more flow, because you've got the
tools.**

What's one thing you can commit to this week?

Schedule 10 min of self-care on Tuesday morning

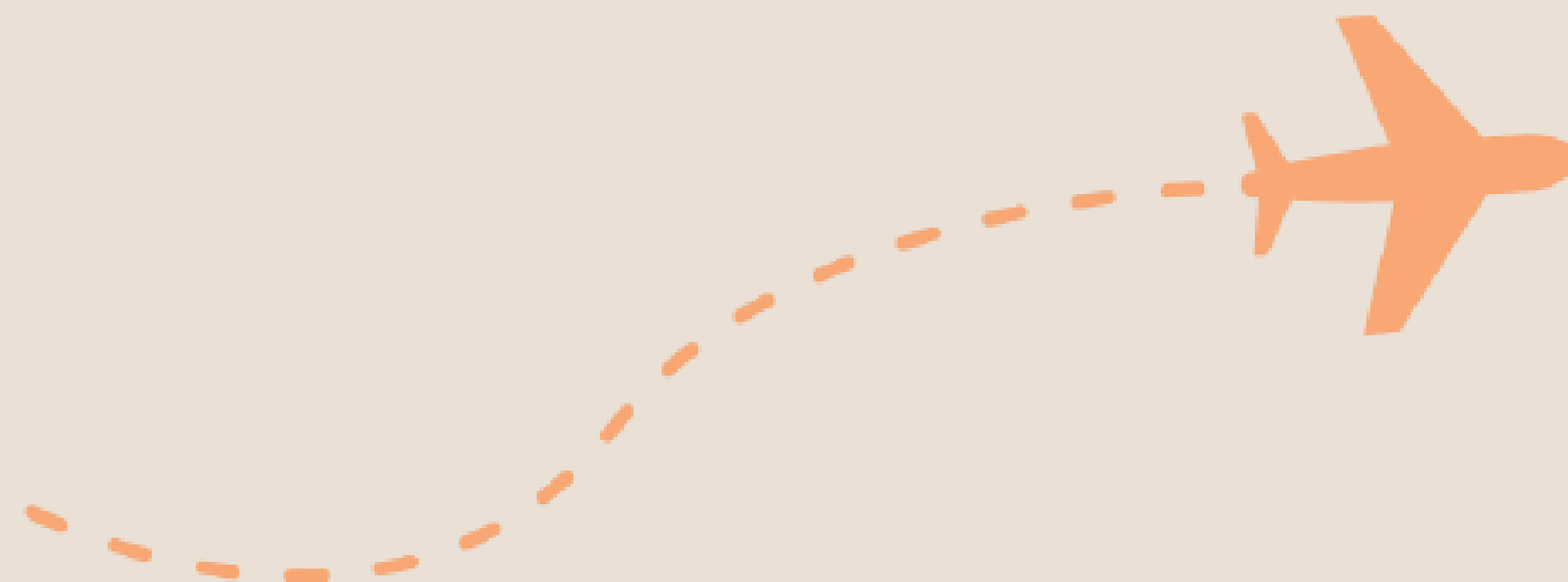
Say 'no' to one extra thing this week

Use my time-confetti wisely





**TIME FLIES,
BUT I'M THE
PILOT**



Thank You



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