

Slow Motherhood:
Reclaiming Rest, Redefining
Success, and Raising Kids Without
Burning Out

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Meet Émilie Avon-Green



From Burnout to Intention

Licensed therapist specializing in maternal mental health

- Personal journey through burnout
- Developer of Slow Shift Method
- Advocate for Slow Motherhood

Core message: "It's their childhood, but it's your motherhood — and you deserve to be present and enjoy it."



My Journey to Slow Motherhood





Why Modern Motherhood is Burning Us Out

Impossible Standards

Society expects us to be productive, perfect, and completely self-sacrificing.

Rest Must Be "Earned"

We've been taught that good moms do it all, and rest is only deserved after everything else.

Perfectionism and Guilt

These have become unwelcome daily companions, whispering that we're never doing enough, never being enough.

So many of us are over-functioning, over-delivering, and over-extending... all while feeling under-supported and unseen.

In my therapy practice, I see sensitive, high-achieving mothers trapped in cycles of internalized pressure — with no time or space to feel, rest, or simply be human.





What if there's another way?

What if we could mother from a place of calm rather than chaos? What if rest wasn't something we had to earn, but something we deserved simply for being human?

Recognize that when you prioritize yourself you are better able to show up for others. And when you care for yourself, you model self-care for your children.





What Is Slow Motherhood?

A values-driven approach that prioritizes presence over perfection



Presence Over Perfection

Being fully present with our children and ourselves, savoring the small moments that make motherhood meaningful.



Sacred Rest

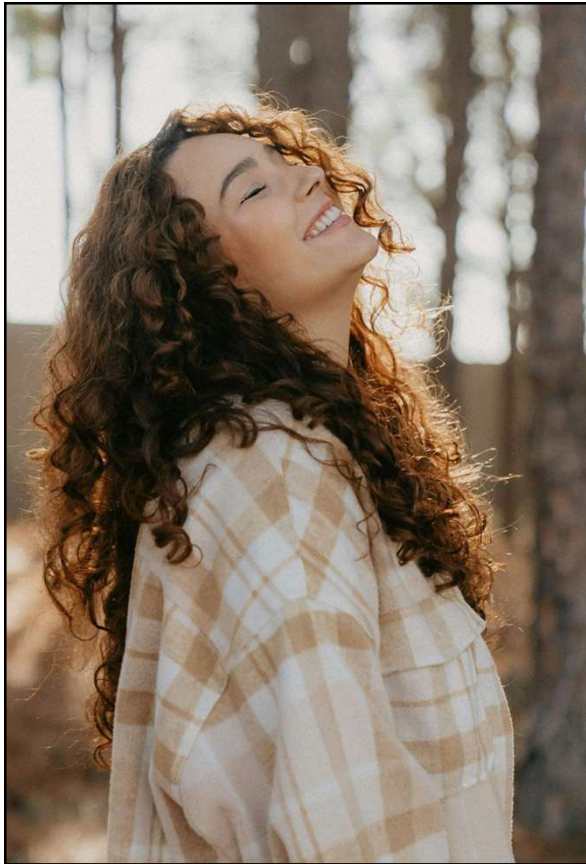
Recognizing rest as essential, not optional—a foundation for showing up as our best selves.



Values Alignment

Making choices that reflect what truly matters to us and our family, not what others expect of us.

It's not about being lazy or unrealistic "soft life" fantasies. It's about reclaiming agency in how you live, mother, and lead.



Self-Assessment: What's Keeping You Stuck in the Hustle?

This **2-minute quiz** reveals the hidden patterns keeping you stuck — and shows you what you need to reclaim peace, energy, and alignment.



The Slow Shift Method

A 3-phase approach to transforming your motherhood journey:



Clarity

Understand where you are and where you want to be



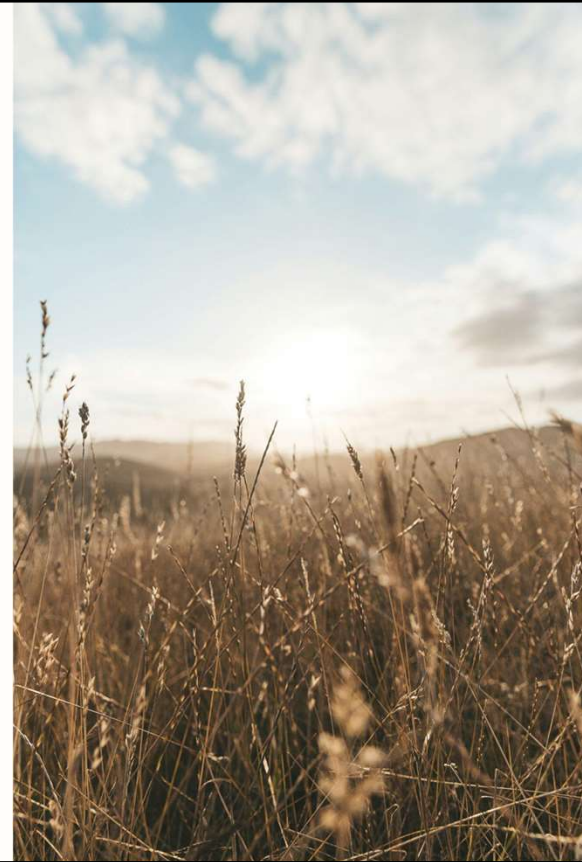
Action

Take intentional steps toward aligned living



Integration

Weave new patterns into sustainable rhythms



Phase 1: Clarity

Notice What's Draining You

Begin by honestly assessing which activities, commitments, and expectations are leaving you feeling empty rather than fulfilled.

Reconnect With Your Values

Rediscover what truly matters to you as a person and parent, beyond societal shoulds and external validation.

Redefine Success

Create your own definition of what successful motherhood looks like, based on your unique family and circumstances.



Pause for Reflection

Take a moment to connect
with yourself

Reflection Prompt

Imagine yourself at an older age, retired, with more years behind you than ahead. From this perspective, write a heartfelt letter from your older self to your current self. Reflect on the life you've lived, covering areas of family, career, and personal growth.

Don't overthink it, let the words flow naturally.

Give yourself permission to sit quietly with your response for 1-2 minutes. There's no rush, no judgment—just gentle curiosity about your own experience. What stands out about what you truly prioritize?



Identifying Your Values



Identify 3 main values that feel most significant to you. Order them from most to least important.
These are your North Star for decision-making.

Love	Adventure	Honesty	Peace
Wealth	Variety	Humor	Stability
Family	Calmness	Loyalty	Wisdom
Morals	Freedom	Reason	Fairness
Success	Fun	Independence	Creativity
Knowledge	Recognition	Achievement	Relaxation
Power	Nature	Beauty	Safety
Friends	Popularity	Spirituality	_____
Free Time	Responsibility	Respect	_____

Motherhood success isn't one-size-fits-all. Your version might emphasize creativity while another mom values structure. Both are perfectly valid.

Defining Your Version of Success

Values-Based Living

A lifestyle focused on aligning your daily actions and decisions with your core values to create a sense of purpose, meaning, and happiness.

Reflection questions:

- 1) What do your values tell you about what matters most to you and your own definition of success?
- 2) Do you feel that you are currently living a life aligned with your values?



Phase 2: Action

Practical Strategies for Slow Motherhood



Reclaiming Rest

Schedule rest like any important appointment. Start with just 10 minutes daily—no guilt, no conditions, just pure restoration.



Loving Boundaries

Practice saying "Let me check my calendar" instead of immediate yes. Delegate age-appropriate tasks. Ask for help without explaining why you need it.



Aligned Daily Decisions

Before saying yes to activities or commitments, ask: "Does this align with my values and support my family's well-being?"



Gentle Structure

Create rhythms, not rigid schedules. Think flowing routines that bend with life's seasons rather than breaking under pressure.



Practicing Boundaries



We often say yes to everything, filling our days with commitments that don't align with our values. Learning to say no is powerful. It protects your time for what truly matters.

<u>Practice Polite Declines</u> You can say no without hurting anyone's feelings. Examples: "Thank you so much for the invitation, but I'm not free." "I'm honored, but I have other commitments." Polite, firm, and clear is all you need.	<u>Use the "Slow Yes"</u> Not every yes has to be immediate. If you feel pressure to answer on the spot, pause. Say something like: "Thank you so much. Let me check my schedule and get back to you." This gives you time to reflect on whether the yes truly aligns with your life and values.	<u>Set Clear Boundaries</u> Boundaries make saying no simpler. Examples: I don't see clients on Fridays. My clients know it, so when someone asks to book on a Friday, it's easy to say, "I don't work Fridays." When boundaries are clear, your yeses and nos come naturally.	<u>Reflect on Trade-Offs</u> Every time you say yes to something, you're automatically saying no to something else. Before committing, consider: What am I giving up? Does this choice align with my priorities? If family time is a priority, working overtime may not be worth it. Saying no is about reclaiming your time for what truly matters.
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Having your values as a guide makes saying no easier because it's not about being mean—it's about staying true to your priorities.



An Example With My Core Values

Health

Rest and self-care

Family

Time with husband and daughter

Connection

Connecting with friends, clients, others in business, content creation...



Phase 3: Integration

Take Check-In Breaks

We live in a “go, go, go” society, and it’s easy to forget to pause. Take breaks to reflect on how you’re feeling and what you’re doing.



Protect Your Well-being

Trust your instincts—listen to your body, rest when needed, and check in with yourself regularly.

Resist Cultural Pressure

Stand firm against hustle culture and mom guilt, choosing your values over external expectations.

Your Toolkit for Stressful Seasons

Even in slow motherhood, challenging seasons arise. Here are gentle tools to help you navigate them with grace.



Eliminate

Eliminate as much as possible that does not serve you. Then prioritize what is left based on the season you are in.



Find Your MVA's

Identify your minimal viable actions. When things feel overwhelming, identify the minimal action that you can take that will have the greatest impact.



Prioritize Yourself

Prioritize your needs: sleep, rest, sustenance. You are the core of your family and community. when you prioritize yourself only then can you care for others.

Remember: Show yourself grace. There is no end state or perfect motherhood. There is just the one that you are in.



Example MVA From My Life



Example MVA From My Life



Slow motherhood is not a luxury. It's a revolution.

One where we finally say: I deserve to feel like a person too.

You are not broken

The system is what needs fixing, not
you

You don't need to do more

You are already enough, exactly as
you are

You can rewrite motherhood

Create your own authentic version
that honors who you truly are

Reflection prompt: How do I want my motherhood to feel?



Open Space for Reflection

Time to Connect

This is your invitation to share, reflect, and ask questions about your own motherhood journey.

Your Experiences Matter

What resonates with you? What challenges are you facing? What support do you need most?

Questions & Discussion Welcome