



When It Feels Heavy

A grounding practice for lonely or exhausting parenting moments.

This is a short reset for moments when parenting between worlds feels overwhelming.

Pause

Put both feet on the floor.

Take three slow breaths.

Name one thing you can see, hear and feel.

Name the load

Right now I am carrying:

The part that feels hardest is:

What I need in this moment is:

Take one next step

One kind thing I can say to myself is:

One person I can reach out to is:

One small action I can take today is:

Use this privately, or bring it into a Raising Between Worlds circle for shared reflection.