



The 5-Minute Parent Reset by HeartSpace

A gentle guide for overwhelmed parents.

“Parenting is the easiest thing in the world to have an opinion about, but the hardest thing in the world to do.”

— Matt Walsh

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For pregnancy, postpartum, burnout, guilt, and the moments when parenting feels too much.

Before you begin

For those moments when you feel overwhelmed, reactive, or just... done.

There are days when parenting doesn't feel mindful or meaningful — it feels exhausting, chaotic, and emotionally draining. You might notice your patience thinning, your tone getting sharper, or a quiet guilt creeping in after a tough interaction.

This is not a failure. It's a signal.

This **5-minute reset** is designed to help you regulate *yourself first* — because a calm parent is the most powerful tool in any parenting strategy.

Minute 1 : *Pause The Spiral*

Before you respond to your child, respond to yourself.

Quietly say (in your mind or out loud): Name what is happening

- “I am feeling overwhelmed.”
- “This is a hard moment, not a bad day.”
- “I need a pause.”

This is a core **CBT skill** — *labeling your emotional state reduces its intensity*.
You're interrupting the automatic reaction loop.

Just stop. Put down what you're holding, sit down if you can, and allow yourself a moment of stillness.

I am allowed to pause.

Minute 2 : *Regulate your body first*

your child is not the only one dysregulated — you are too.

Use breathwork to reconnect with your body.

1. Try this simple breathing reset:

- **Inhale for 4 seconds**
- **Hold for 2**
- **Exhale slowly for 6**

Repeat 4–5 times.

2. Ground yourself in the present moment using your senses.

Press your feet into the floor

Name:

- **3 things you can see**
- **2 things you can *feel***
- **1 thing you can *hear***

You are telling your nervous system: “I am safe enough to slow down.”

Minute 3 : *Externalise your emotions*

Instead of holding everything inside, release it quickly.

Grab anything nearby — a pen, phone notes, even your hand — and:

- Scribble your frustration
- Write one word: “**ANGRY**” / “**TIRED**” / “**TOO MUCH**”
- Draw a quick shape that matches your feeling

This is not about creativity — it’s about **discharge**.

When emotions are expressed, they soften.

Say to yourself -*I can meet this moment.*

Minute 4 : *Let's reframe your experience*

Tell yourself ; **This is one moment, not my whole day.**

Ask yourself one powerful question:

"What else could be true here?"

Instead of:

- "My child is being difficult"
Try:
- "My child is having a hard time"

Instead of:

- "I can't handle this"
Try:
- "I'm overwhelmed, but I can take one small step"

This tiny shift moves you from reaction → response.

Minute 5 : *Repair or Reconnect (small not perfect)*

If you reacted in a way you regret, offer a simple apology to your child or partner.

Now go back to your child — not as a perfect parent, but as a *regulated one*.

Here are some mini-scripts to guide you:

You can say:

- "That got a bit overwhelming for me. Let's try again."
- "I'm here. Tell me what's going on."
- Or simply sit next to them quietly

Connection doesn't need a speech. It needs presence.

When you have almost no time

Even 30 seconds can help.

1. Place a hand on your chest.
2. Name what you're feeling.
3. Identify one small next step.

If it's safe, I'm taking 60 seconds. I'll be right back.

Small is still powerful.

Keep this close

you don't need more parenting techniques in hard moments — you need **regulation, awareness, and self-compassion.**

Even pausing for 5 minutes:

- breaks the cycle
- models emotional regulation
- prevents escalation

And most importantly — it reminds you:

You are not just raising a child.

You are also holding a human nervous system — your own.

This 5-minute reset is a tool to support you, not a replacement for professional help. Parenting is hard, and it's okay to ask for support.

Disclaimer: This guide provides educational support and is not a substitute for medical or mental health care. If you are feeling unsafe or worried, please reach out to us for a personalised session or care plan .

More support from HeartSpace:

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