

Save the SAHM Podcast-April

Remember the “Mom” in SAHM

Episode #11 – Reset Reboot Recover

- Living beyond the shadow of mom guilt in the freedom of rest and purpose
- Nourishing mental, spiritual, and emotional health

1. Schedule “Me” Time

- a. Stop it all for a bit; Even a hamster takes a break from the wheel
- b. “Me” time helps to clear your head so that you can see what’s in front of you, and what’s in your hands
- c. No it’s not selfish; it looks different for everyone
- d. Imagine if a runner never stopped for water; they would be dehydrated and eventually collapse under the horrible conditions of the body due to the failure to hydrate
- e. Rest is a gift from the Lord to you that benefits you and your family; rest is important to the Father
- f. *“Come to me all who labor and are heavy laden, and I will give you rest” Matthew 11:28*
- g. *“Let a little water be brought and wash your feet, and rest yourselves under the tree.” Genesis 18:4*
- h. *“And he said, ‘My presence will go with you and I will give you rest.’” Exodus 33:14*

2. Reset your mind

- a. Many times, the fact that we are not living from rest is because of our mindsets; a mind set on fleshly ideals
- b. We live in a constant state of doing
- c. We feel like we need to prove ourselves as contributors
- d. We struggle with guilt
- e. We were never meant to live with any other mind set but a freed mindset
- f. *“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” Romans 12:2*
- g. We have to stop thinking from a world perspective



3. Reboot; Start fresh

- a. Now that you've hit the stop button, its time to hit the start button
- b. Develop healthy mindsets; dig deeper into Scripture
- c. Here's where you remember all that you wanted to accomplish in the first place before it all got fogged up in the chaos
- d. Build on the healthy you; rested and restarted
- e. Don't allow old bad habits and bad thinking back in; it's a constant battle

4. Recover

- a. What has been lost in the shuffle? (Dreams, plans, ideas, motivation)
- b. Remember what's in your hand
- c. Pour yourself into what God has given you to steward

5. Make new habits

- a. Rest and rebooting must become habit in order to create a healthy cycle
- b. This may mean changing your schedule and your interactions
- c. You may have to get serious about what you allow to become priority
- d. Don't forget: taking care of you and your mental health is not just for you, it benefits your family and others you love.

Today's Take Away: Reset your mind, reboot your life!

