



Mums, you're not broken.

You're probably just tired of holding everything together.

You love your family.

You show up.

You keep the house moving.

You remember the appointments, the lunches, the uniforms, the birthdays...

And somehow, you still feel like you're not doing enough.

Maybe you're:

- Easily overwhelmed
- Snapping at the people you love
- Finding noise and constant demands exhausting
 - Struggling to switch off
- Feeling guilty when you need time for yourself
 - Tired, even when you've technically rested

And you're wondering...

“What is wrong with me?”

Nothing is wrong with you.

Maybe your nervous system has simply been **doing too much for too long.**

Constant demands.

Constant decisions.

Constant stimulation.

Constantly being needed.

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Your body doesn't always know the difference between
“I'm busy” and **“I'm not safe”**

And here's the thing...

You can't always **think** your way back to calm.

You can know all the right things to do.

You can understand your triggers.

You can read the books.

You can promise yourself you'll respond differently next time.

And still find yourself reacting.

Because regulation comes before resilience.

Sometimes your body doesn't need another strategy.

It needs:

Safety.

Space.

Connection.

Rest.

Support.

And permission to stop holding everything together for a moment.

And this matters for our children too.

Our children don't need perfect mums.

They need **regulated enough** mums.

When we begin to understand our own nervous system, we can start to recognise what's
happening underneath our child's behaviour too.

Not with guilt.

With curiosity.

So Mums this is my gentle reminder...

You don't need to become a better version of yourself.

You don't need to try harder.

You don't need to hold it all together.

Maybe you need to feel **safe enough to soften.**

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To listen to your body.

To ask for support.

To come back to yourself.

You are not broken.

Your body has been doing its best to protect you.

And sometimes healing begins when we stop asking,

“What's wrong with me?”

...and start asking,

“What does my body need?”

Education. Guidance. Support.

Not fixing.

With love,

Marni

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