

Mom's Check-in

Understanding what is impacting us can help burnout or mild depression clear more quickly. If you are experiencing a strong case of burnout or depression, be sure to share this with your husband or another trusted family member, and speak with your doctor.

Have I experienced a major life event in the past few months? What was it?

Have I recently had a flare-up of a health condition? Am I showing signs of one starting?

Have I been keeping a lot of events, ideas, or to-dos in my head instead of on paper?

Have my priorities been out of order? In what way?

Have I been neglecting responsibilities when I was truly able to carry them out? Which ones?

Have I been unable to meet some responsibilities because of my *other* responsibilities? Which ones?
What is getting in the way?

Have I been neglecting basic hygiene or my creative outlets? What goes through my mind when I think about doing them?

Are things outside of my control affecting me? Are they really outside of my control or do I need to think about them more creatively?

Can I change any of the above *without* reinventing the wheel or completely changing large portions of our life/school? Is it *prudent* to make these changes?

Am I truly accepting the things I cannot change? Am I praying about them with a spirit of acceptance?