

SLOW MUM *Evening Reset*

For those nights when your brain won't stop buzzing, here's a gentle reminder that rest is a rhythm, and not a reward.

- ☐ Switch your phone to do-not-disturb. Plug it in somewhere else.
- ☐ Find snacks that feel nice, not “naughty.”
- ☐ Put on the comfiest thing you own that's not a bra.
- ☐ Sip something warm (+ a few deep breaths).
- ☐ Listen to your body (I hear teeth brushing helps)
- ☐ Dim all the lights. Like, all of them.
- ☐ Let the dishwasher wait.
- ☐ Stare, Into. Space! (It's allowed)



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