



New Mom Mental Load Reset Checklist

A simple guide to organize responsibilities, reduce overwhelm, and create more breathing room after baby

1. Baby Care Organization

- ☐ Check baby supplies and restock when needed
- ☐ Organize diapers, wipes, and changing essentials
- ☐ Prepare feeding supplies
- ☐ Keep important baby information in one place
- ☐ Record upcoming appointments and reminders

2. Mom Wellness Check-In

- ☐ Drink enough water throughout the day
- ☐ Eat nourishing meals or snacks
- ☐ Take medications or supplements as directed
- ☐ Rest whenever possible
- ☐ Take a few quiet moments for myself

3. Household Reset

- ☐ Create a simple meal plan
- ☐ Make a short grocery list
- ☐ Complete only essential household tasks
- ☐ Organize one small area
- ☐ Ask for help when household tasks feel overwhelming

4. Mental Load Release

- ☐ Write down tasks instead of keeping them in my head
- ☐ Review important reminders and appointments
- ☐ Choose my top priorities for today
- ☐ Identify tasks that can wait
- ☐ Identify something I can delegate

My Mental Load Reset

The biggest thing taking up my mental space right now is:

One thing I can simplify this week is:

One thing I can ask for help with is:

One small thing I can do for myself is:

