



Week 1 Handout:

Honoring the Divine Mother (You!)

If You're Here, It's Not By Accident

You may have been called to this group because something inside you is asking for support.

Maybe you've been feeling:

- Isolated or alone
- Overwhelmed or stretched thin
- Confused by how much has changed
- Pressured to "hold it together"
- Mentally overloaded
- Emotionally sensitive
- Tired in a way that sleep doesn't fix

You may be navigating hormone shifts, lack of sleep, new responsibilities, changes in your body, and evolving relationship dynamics with your partner, friends, and family.

You may be questioning yourself more than you expected. You may feel guilt, self-doubt. You may be experiencing internal criticism. Or a latent fear that you're not doing enough.

Take a breath.

All of this is normal.

The Truth About Motherhood

Motherhood is magical. It is beautiful. It is life-changing.

And it is also destabilizing.

Motherhood shifts:

- Your identity
- Your priorities
- Your nervous system
- Your relationships
- Your body
- Your internal dialogue

It turns your life upside down before it reshapes it.

It takes time to find your footing...and that remains true with each passing phase of your child's development.

Nothing is wrong with you if you are still adjusting.

You are in an ongoing and profound transformation.

This Week Is Not About Fixing

It is about assessing where you are—with compassion.

Before we build confidence...

Before we work on beliefs...

Before we step into empowerment...

We begin with safety.

We begin with care.

We start with the basics.



STEP ONE:

HOW ARE YOU, REALLY?

Pause and ask yourself these questions, honestly.

No judgement, just awareness.

Awareness is the beginning of presence and change.

Introspective Questions**Capture Your Responses**

How do I feel physically?

Mentally?

Emotionally?

How is my sleep? Do I fall asleep easily and stay asleep (if not needed)? If awakened, do I return to sleep easily?

How am I feeding myself (enough, too much, do I have balanced foods...)?

Do I move my body regularly (stretch, walk, exercise, get outside)?

How would I describe my energy (stable, low, unpredictable, drained?)

How do I speak to myself (kindly, with grace and encouragement, or harshly, unkind?)

Do I feel well supported? And if not, when was the last time I did?

Do I take time for me? Is it enough to help me recharge and feel balanced (at least for a little while)?

How am I really feeling about myself, my routine, my life at this time?

Pause.

Breathe.

Just hold space for whatever came to you here.

We'll go through this together, step by step!

And perhaps ask yourself some curious and hopeful “what if” questions...

What if this program becomes:

- *The place where I can exhale*
- *The place where I feel understood*
- *The place where my nervous system learns safety again*
 - *The place where the shifts I desire occur*
 - *The place where I return to myself*

We're all in this together. And you do not have to do it perfectly.

Let this week be a reset.

The Foundation: Regulating the Body First

Your nervous system determines how you experience your daily life.

If your body is depleted, overstimulated, or running on unstable blood sugar, everything feels harder.

So this week, we focus on small but critical steps:



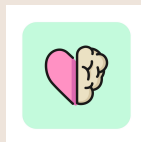
Sleep Support

- Protecting sleep where possible
 - Allowing rest without guilt
- Supportive morning and wind-down routines



Balanced Nourishment

- Food with Protein every 3–4 hours
- Stabilizing blood sugar to reduce anxiety, irritability, reactivity, and crashes
 - Hydration



Nervous System Regulation

- Simple breathing practices
 - Slow down transitions
- Noticing moments of calm and safety

When the body stabilizes, the mind slows and calms.



From Survival to Presence

Once the body begins to feel steadier, we will gently layer in:

- Mindfulness
- Present-moment awareness
 - Emotional validation
 - Self-compassion

**Presence is not something you force.
It emerges when the nervous system feels safe.**

What This Program Is Designed To Do

Over the next eight weeks, you will:

- Strengthen your emotional regulation
- Quiet the inner critic
- Build unconditional self-worth
- Honor your beautiful body
- Clarify your values
- Set healthy boundaries
- Break inherited patterns
- Meet and begin healing your inner child
- Step into embodied, empowered motherhood

But none of that happens without your mind, body, and nervous system feeling safe to shift.

That's where hypnotherapy comes in!

An Important Reframe:



If you are feeling overwhelmed, that does not mean you are failing.

It means your nervous system is adapting to a massive life shift.

And adaptation takes time.

You are not behind. You are evolving.

And there are small but important things you can do to smoothen the shift.

✨ This Week's Intentions:

Ease in gently, with awareness.

Stabalize.

Nourish.

Observe with compassion.

We're going for small shifts, gentle awareness, and foundational care.

✨ Regulated Mama TIP:

Ease in and out of your day:

Your nervous system experiences the beginning and end of your day as powerful anchors. Small shifts in your morning and evening routines can gently signal safety, steadiness, and control.

Take a moment to reflect:

✨ Are there small adjustments you can make to soften how your day begins and ends?

Ideas to Explore:

- Limit screen time before bed and upon waking
 - Step outside for a few breaths of fresh air
- Add light stretching, light yoga, or slow breathing in the morning or evening
 - Dim lights at night to support your body's wind-down process
 - Practice mindfulness in simple ways:
 - Meditation (even 3–5 minutes)
 - Gratitude journaling or internal reflection
 - Spoken affirmations
 - Setting a daily intention each morning
 - Visualizing how you want to feel

You don't need a complete routine overhaul.

One small change practiced consistently can create meaningful nervous system shifts.

Soft beginnings and gentle endings create a steadier middle.

The Big Picture

Your nervous system thrives on rhythm, predictability, and balance. The way you care for yourself sends powerful signals of either stress or safety to your body and mind.

Even small but regular self-care routines and habits creates stability, reduces reactivity, and increases your capacity to respond to yourself and others with calm rather than overwhelm.

Small rituals create regular regulation.



Hi Mama! Hypnotherapy for Empowered Motherhood/M.O. Hypnosis/Honoring the Mother
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