



HOMESCHOOL MAMA THOUGHT CARE

We acknowledge and accept our emotions and explore the underlying thoughts to determine how to reframe our narratives.



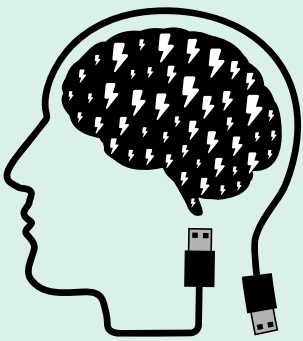
OBSERVE FEELINGS

Accept all the human feelings you experience.

Understand that no feeling is bad. All feelings tell us something. How does this feeling feel? What is it telling you?



DETERMINE THOUGHTS



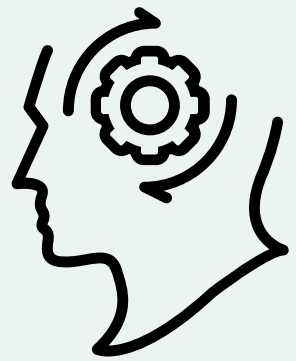
Get curious about what the thoughts are behind the feelings.

There is always a story we tell ourselves behind our feelings. What is the story? Is the story even true? Are you sure it's 100% true?

REFRAME THOUGHTS

Consider alternative thoughts to choose our thoughts.

Consider alternative ways of approaching our uncomfortable feelings.



Act intentionally

We get to choose how we engage.



When we become mindful of our feelings, we learn to dissect the narrative behind our thoughts and choose to show up on purpose in our homeschool.