



OAK & ROSE HOME



Mom Burnout Self-Check

A SOFT, HONEST LOOK AT WHERE YOU ARE



*If three or more feel true, you may be in burnout.
Not laziness. Not weakness. Real, tender, recoverable.*

- A low-grade dread about tomorrow morning, before bed.
- One more decision feels like one too many.
- I can't remember the last time I laughed out loud.
- I feel less like myself than a character my toddler cast me as.
- I feel guilty about needing rest — then guilty about feeling guilty.
- I numb out in small ways (scrolling, snacking, shows I don't care about).
- Normal things — an errand alone, a coffee shop — make my eyes well up.

The soft recovery begins with naming the thing.



SOFT MOTHERHOOD • GENTLE RECOVERY • INTENTIONAL HOME