

Hey Mama!

You know that voice inside your head? The one that tells you

"I'm not doing a good enough job."

"I don't spend enough time with my kids."

"What kind of mother am I for losing my temper."

That's textbook mom guilt, and you're not the only one facing it.

Mom guilt is when we feel bad because we aren't living up to our expectations about how to be a mom, whether that's taking care of our kids, our households, our responsibilities, or even ourselves.

And while it comes from the world around us, it most often comes from within.

Anxiety, burnout, exhaustion – sometimes it shows up in ways we least expect it.

But we just CANNOT do it all!



[READ THE BLOG](#)

3 Tips to Let Go of That Guilt

1

Reframe with Self-Compassion and Evidence

When guilt strikes, pause. Ask yourself, "Is this really true? What would I advise a friend?" Remember, self-care is essential. So, if something like a shower helps you reset and find clarity; you deserve those moments to yourself to feel restored.

2

Stop Comparing

It's easy to feel less-than when we see a seemingly "perfect" mom. Remember, each journey is unique. What you see isn't always the



whole story. Perhaps she has help or isn't sharing her struggles. You are enough for your kids.

3

Choose Your Tribe Wisely

Guilt is hard to shake off with a judgmental crowd (IRL and on social media). Surround yourself with understanding moms. If someone's not uplifting you, it's okay to step back. Seek out your true community that gets the realness of motherhood.

Become Part of Our Tribe on Instagram

Conquering the Chaos

A quick practice to get you through some of the chaos of motherhood this week

This week we're talking about the power of a mantra.

After my son's food allergy diagnosis linked to a scary ER visit at just 8 days old, guilt consumed me. I blamed myself for both his genetic predisposition (I have many allergies) and for inadvertently choosing an allergenic formula to give him in those early days. Despite reassurances that it wasn't my fault, I felt responsible.

It taught me an important lesson, mama, and one you will inevitably need to lean into at some point in your journey with motherhood.

By shifting my perspective and practicing self-compassion, I embraced a new mantra:

I am the perfect food allergy mom because I have food allergies myself.

I leaned into the idea that my learning curve is smaller because of my own health issues, and I know exactly what to do to support my son's health.

This mindset freed me from self-blame and empowered me to be there for him fully.



Dr. Julie's Mama Must-Haves

Beauty must-haves for the postpartum mom (because those postpartum hormones can impact you even into the toddler years)!



To tame postpartum hair flyaways



Safe for the breastfeeding mama



The absolute best when there's no time to wash



Sunscreen powder that can go over anything including toddlers



For cute and easy ponytails without the headaches

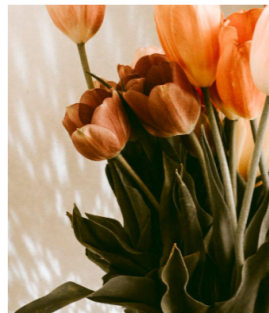


In Case You Missed It



How to Put Yourself First Without Feeling Guilty: A Guide

[READ THE BLOG](#)



Why Letting Go of Perfectionism as a Mom Is So Important

[READ THE BLOG](#)

Have You Seen My Resources?

Feeling overwhelmed, burned out, and anxious about motherhood and life in general? I have just the fix! Download my free guide to to lightening the mental load of motherhood – without feeling guilty.



FROM OVERWHELMED TO IN CONTROL

You've been doing it all for so long mama, now let me do something for you. With my **21-Day Anxiety Reset**, you'll get practical strategies to calm your mind and body that *actually* work without having to carve out extensive time in your already busy schedule.

25% off

with Code
Sisterhood

Save Your Seat
for the Next
Monthly Cohort:

The Next
21-Day Reset
Begins on
December 3rd

Sign ups now-
December 1st

SIGN ME UP!

No matter what you're going through right now mama, there are two important things you most always remember: You are NOT alone, & you are EXACTLY where you need to be.

We are all in this together, *through thick and thin.*

Xx. Dr. Julie

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Hey mama,
I'm Dr. Julie Franks

and I help moms deal with the overwhelming status of motherhood with simple strategies that actually work (and fit into your everyday routines).

I'm an experienced and licensed therapist for moms, an expert in women's mental health, and a social work educator + researcher. Most importantly, I'm a mom is right there with you in experiencing the social demands and pressures of motherhood.

The Pink Room
Bainbridge Island, WA 98110, USA

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