

Start Rebuilding

*A burnout checklist for mothers
carrying too much*

This checklist was created for mothers carrying more than they say out loud.

The ones balancing care, responsibility, ambition, exhaustion, healing, identity, and survival all at once. The ones who keep showing up for everyone else while quietly trying to hold themselves together in the process.

Burnout does not always look dramatic. Sometimes it looks like emotional numbness. Irritation.

Disconnection. Forgetting yourself. Moving through life on autopilot while convincing yourself you just need to “push through.”

This is not here to judge you or diagnose you.

It is simply a gentle pause. A moment to notice what has been weighing on you, what parts of you may need care, and where rebuilding can begin softly instead of all at once.

Elaine Marie Collection

Bedding Quartet of Roses

No. 1. "MME. DE WATTEVILLE"
A grand Rose for either summer or winter
Color, beautiful shell pink, deepening to
edge of the petals, the body of the flower
This combination of colors suggests the
Rose, by which title it is known all

"MA"
This is a true "Tea"
form. It occasionally
centre, but in either sh
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year there are tens of th
the New York market, t
the country and demand
each, \$4.50 per doz.; 20
\$1.90 per doz.

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Rose

Almost Entirely if n
BEST Roses for Any Situ

New Yellow
"MOSEL"

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Soupert. Price, 10
for 25 cents; large
plants, 25 cents each
SPECIAL OFFER—
you 20 fine plants o
\$1.00. Will make yo
tiful bed, from whic
a handsome bouquet
early Spring until cu
heavy Winter frosts.

New Silver White
LEONIE OST

Large, full flower
color, brilliant poi
shading to cherry r
low in the center.
grandest blooming
and the coloring i
Price, 10c each; 3 for
year old plants, 35 ce

The Crimson Soupert

Beautiful dark crimson
full and fragrant, very
stant and profuse bloom
for outdoor culture, and f
a gorgeous bed when mas
3 for 25c; large two year

Pink Ever-Blooming Beddi
PINK SOUPERT.

A seedling from that premier Bedding
Soupert, of which we have spoken so
"Soupert" inherits all the grand garden qualities of its p
clear pink throughout, bright and attractive; the color
some flowers to cherry red, and in others it lessens to clear
The profusion of bloom is wonderful, the whole plant be
flowers. No rose can possibly excel this for outdoor bed
can be more attractive. It is compact and sturdy in habit
for an ever-blooming Rose that it will remain out all Wint
slight protection. Price, 10 cents each, or three for 25 ce
year old plants, 25 cents each; five for \$1.00.

NEW YELLOW SOUPERT, MOSELLA

The Best Bedding or Pot Culture Rose Known—CLOTILDE SOUPERT.

Burnout Check In

Check the statements that feel true for you right now.

- ☐ I feel tired even after resting
- ☐ I get irritated more easily than usual
- ☐ I feel emotionally overwhelmed
- ☐ I struggle to focus or stay present
- ☐ I feel guilty when I rest
- ☐ I feel disconnected from myself
- ☐ I feel like everyone needs something from me
- ☐ I avoid things I usually enjoy
- ☐ I feel behind no matter how much I do
- ☐ I've been surviving more than living
- ☐ I don't know where to begin rebuilding

Rebuilding begins with noticing what needs care

Elaine Marie Collection



Start Small

Choose one thing you can do this week. Just one.

- ☐ Drink water before coffee
- ☐ Rest without explaining why
- ☐ Ask for help with one task
- ☐ Spend 10 quiet minutes alone
- ☐ Write down what I'm actually feeling
- ☐ Remove one unnecessary pressure
- ☐ Go outside without rushing
- ☐ Say no to something that drains me
- ☐ Do one thing slowly on purpose
- ☐ Give myself permission to begin again

My Next Small Step:



You do not have to rebuild your entire life overnight.
Small care still counts.

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elainemarieco.com



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