

TAME THE **Mayhem**

FINDING CALM IN THE CHAOS OF A BUSY SEASON



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**This resource was lovingly put together
for you by Catholic Mom Calm**

We help Catholic moms tame the chaos of life so they can live with more calm.
We specialize in helping moms like you with the important things that always seem to get put off, goals like:

- Being more present with your family
- Having more joy and more fun in your life
- Creating systems to manage your time and your home smoothly
- Being less angry with yourself and your family
- Losing weight, growing a business, learning a new hobby, etc.

Most of all, we help you feel better. When you learn the Catholic Mom Calm Method, life just feels easier. You have more patience, you're less tired, and you will get to the end of the day thinking, *"Today was full and I'm proud of how I showed up."*

I homeschool six young children and have a business. My life will never be easy, but now I know how to be calm in the middle of the circus of life. I've taught thousands of women how to do the same and they always say some version of, *"My life is so much better. I handle things so well now."*

If this resource helps you, I invite you to come check out our Catholic Mom Calm community. Together we're learning how to have more peace no matter what God puts in front of us.

A handwritten signature in black ink that reads "Sterling Jaquith". The script is fluid and cursive.

Sterling Jaquith

Creator of the Catholic Mom Calm Method

catholicmomcalm.com

May is Mary's Month

LET'S DO THIS FOR HER.

I read somewhere that there are more tears shed over answered prayers than unanswered prayers. I think that's what happens in May... many of our prayers are answered and it creates a very busy schedule for moms.

We prayed for a family.
We prayed for community.
We prayed for love.

And the things we have to do in the month of May, they're all anchored in love.

Each activity is an answer to prayer somehow.

So let us cling to the Lord. Let us be guided by the Holy Spirit. Let us first decide what activities God wants us to keep on our calendars and then let us trust that He will give us everything we need to carry them out.

May is a beautiful month. May is Mary's month. May is a month of chapters ending and new ones beginning.

Let May be a month of hope. Together, we can find peace in a busy season. We can praise the Lord for answering our prayers and we can lean on Him to get us through.

In Christ,



Sterling Jaquith

TOGETHER LET'S

Tame the MAYhem in 3 Steps

1

CHOOSE.

Review everything on your calendar and really decide if it stays or if it goes.

2

PREPARE.

Plan thoughtfully and make sure rest, prayer, and flex time are on the calendar.

3

HONOR.

Review everything on your calendar and really decide if it stays or if it goes.

Choose.

REMAKE YOUR CALENDAR EXERCISE

On the following page, write down all the events and commitments in May. If you want to include April and June because those are busy as well, you absolutely can.

Examples: Sports, Mother's Day, First Communion, Confirmation, big class projects, Cinco de Mayo, Memorial Day, St. Joan of Arc feast day, graduation, snack mom, art projects, chaperoning a field trip, date night with your husband, finishing up homeschooling, etc.

Check the pictures on your phone from last year. If you have a digital calendar, go back to last year and check out what events and appointments you had.

Take a deep breath. Ask yourself, "What else?" We want no surprises this year!

Before we dive into planning, we first decide which events make the cut this year.

Now, put your finger on the first event. Close your eyes and really decide, is this something important to you and your family?

Remember, no one makes us do anything. You don't have to do this but you might have good reasons for why you will do it even if it's not your favorite activity.

Pray over each event to decide if it will end up on your calendar.

Cross off all the things you no longer think should be a priority for your family.

Send an email today letting people know if you are not participating. Don't leave it to the last minute because you will end up attending out of guilt.

If you keep everything, that's fine too but you want to make sure you feel in full control over choosing to keep each event on your calendar.

Being decisive requires courage. You can do this!

Upcoming EVENTS & COMMITMENTS

List all the possible events and commitments that might come up for you and your family in May (and April/June if you want to plan those out too). Then **cross out** the ones you'll be saying no to this year.

Prepare for Events.

MAKE A PLAN SO YOU CAN BE PREPARED!

Set yourself up for success for any events and commitments that you are putting on your calendar.

Things to consider:

- Block out drive time (consider traffic) and getting ready time
- What is the parking situation?
- What will you do if someone gets sick? If the toddler is hard to wrangle? If your husband has to stay late at work?
- What's the food situation? Do you need snacks, a dairy-free option, food that can be eaten in the car, etc.?

Event: _____ **Date:** _____

Schedule it on your calendar. Block out drive time (consider traffic) and getting ready time.

Do you need to buy anything (e.g. gifts, clothes, decor, food, etc?) If yes, what and by when?

Do you need to take anything out of storage? If yes, when will you get it?

What might be stressful, and how can you avoid or overcome this?

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Prepare for Rest.

MAKE A PLAN SO YOU CAN BE PREPARED!

Normally, I like moms to plan their prayer time and their rest/self-care time before planning other things. But May is often made of fixed appointments that we have to work around. So, in this season, we start with the commitments first.

But I'm still going to insist that YOU show up on your calendar too!

This is a marathon, not a sprint, so you must stay rested, hydrated, and supercharged with the Holy Spirit!

Go back through your calendar. Quietly sit with each day. Really imagine living through the day. Act as though you're the world's highest-paid and best personal assistant, and your job is to make sure that Future You has everything she needs.

Schedule what you need on your calendar.

Really take your time with this part. It's going to make you uncomfortable, so you're going to want to skip it or speed through it, **but don't!** Sit with the Holy Spirit and really be kind to your Future Self. Show her how much you love her by taking care of her now.

Here are some examples:

- Prayer time (rosary, Divine Mercy chaplet, Adoration, Confession, Daily Mass, etc.)
- Spiritual reading
- Naps
- Drive-thru coffee so you can look forward to it
- A new audiobook that you can listen to in the car
- A dress that actually fits
- A reminder to grab water before you leave the house
- Two hours in the house with no children/Two hours out of the house with no children
- Flowers to cheer you up in this busy season
- Lunch with a girlfriend/Playdate with a friend and her kids
- Get your hair or your nails done
- Time for a walk or a workout
- Permission to bring something store-bought instead of handmade
- Permission to bring a gift card instead of a wrapped present
- Get a massage or a facial
- Go to thrift stores to save money on outfits or presents
- Light beeswax candles
- Listen to soothing music

Honor.

When I think of the word honor, Mary comes to my mind immediately. Honor your mother. Let us honor the Lord the way that she did by being good stewards of everything God puts in front of us.

Let us honor the Lord.
Let us honor ourselves.
Let us honor our husbands.
Let us honor our family.
Let us honor any soul God puts in front of us.
Let us honor the time He's given us.
Let us honor the money He's given us.
Let us honor the talent and skills He's given us.

And most of all, since we made plans *with* the Holy Spirit, let us honor our calendars.

Your brain is definitely NOT going to want to stick to the plan. Your brain is going to wiggle hard to get you to be stressed, anxious, and frazzled.

On the following page, I want you to write yourself some encouraging notes that you can pull out when you're feeling stressed or when you want to negotiate with the plan.

Imagine when the difficult moments will come up.
When you're tired.
When you're late.
When you don't feel well.
When someone else doesn't feel well.

You already know the most likely difficult moments that will come up. Write to yourself in those moments. Give her empathy and encouragement.

She's not being a baby. This season is intense. Console her but then tell her you know that she's capable.

Lead her to the Holy Spirit.

Lead her to peace.

WORDS OF **Encouragement**

PROTOCOL for:

Examples: *You have a migraine, morning sickness, a kiddo is sick, someone invites you to something spontaneously, your husband works late, etc.*

WHAT I AM GOING TO DO:

WHAT I AM NOT GOING TO DO:

WAYS I CAN ASK FOR HELP/MAKE THIS EASIER:

Examples: *Hire childcare, easy dinner, put a movie on, etc.*

HOW I AM GOING TO TALK TO MYSELF:

PROTOCOL for:

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Examples: *Hire childcare, easy dinner, put a movie on, etc.*

HOW I AM GOING TO TALK TO MYSELF:

The MODEL

Put one unintentional thought into the model and shift it to an intentional one.

Unintentional

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

Intentional

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

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