

THE MANY  
FEELINGS OF  
MOTHERHOOD

FOR NEW MOTHERS/ CAREGIVERS

# THE QUIET SHIFT

YOUR EMOTIONS ARE VALID, AND YOU ARE NOT ALONE

## Why This Matters

Motherhood brings a mix of emotions that can change hour by hour.

You might feel love and joy alongside overwhelm and frustration — and that's completely normal.

This map is here to help you notice and name what's going on inside.

## Feelings You Might Notice:

You can circle, tick, or colour the ones that feel true for you right now.

- Joy
- Love
- Pride
- Gratitude
- Calm
- Connection
- Overwhelm
- Exhaustion
- Frustration
- Irritation
- Anxiety or Worry
- Loneliness
- Guilt
- Loss of Identity
- Sadness
- Hope
- Uncertainty

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## Reflection Prompt

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## Reflection Prompt

Choose 1–2 feelings and ask yourself:

- If this feeling could speak, what would it want me to know?

## Why Naming Feelings Helps

- It can lower the intensity of an emotion.
- It reminds you feelings are temporary states, not permanent truths.
- It gives you language to share your experience with others.

♥ **Every feeling is a messenger. None of them define your worth as a mom.**