

UNSTOPPABLE

BY CLAUDIA TABOADA



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Title: Is Motherhood Burnout the New Pandemic?

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INTRODUCTION:

Motherhood burnout is the new pandemic. Mothers wearing multiple hats have a stressful life already. The Covid-19 situation has exponentially increased the anxiety and stress levels of

mothers all over the world: taking care of our kids 24/7, homeschooling, trying to work from home while still doing all the house chores that have multiplied. It is a state of constant overwhelm and mothers are living a life of chronic stress which can lead to burnout.

AIM:

- Participants will learn why self-care should be a non-negotiable priority for mothers in order to reduce stress and avoid burnout.
- Participants will explore the interplay between daily self-care habits, routines and coping mechanisms and stress resilience.
- Participants will examine the components of the H3MJPC Stress Resilience Method which encapsulates seven self-care habits that if practiced consistently can help overwhelmed and chronically stressed mothers not only survive but thrive.

MATERIALS AND METHODS:

The H3MJPC Stress Resilience Method is a collection of self-care, stress reduction and mindset optimization strategies that the speaker used to transform her life from a burned out autism mom who lost her identity to the self-actualized woman that she is now.

RESULTS:

Total transformation from a burned out mother who lost her identity, self-esteem and confidence to a healthy and thriving mom going after her dreams and aspirations with confidence

CONCLUSIONS:

It is possible for mothers to avoid burnout, learn how to better manage stress and reach their full potential by incorporating non-negotiable self-care habits, routines and coping mechanisms. The H3MJPC Method which incorporates stress reduction strategies such as exercise, mindfulness, mindset optimization and journaling among others, can be used by mothers all over the world to empower their bodies and their minds daily so that they can ward-off burnout and thrive in all areas of their lives.

KEYWORDS:

burnout, motherhood burnout, stress, stress resilience, self-care, exercise, mindfulness, mindset, journaling

BIOGRAPHY:

Claudia Taboada is an author, speaker, stress resilience expert, women's empowerment coach and founder of Unstoppable You Wellness which empowers burned out women reclaim their health and rediscover their spark. Her memoir "Burnout to Unstoppable" details her transformational journey from a burned out autism mom who lost her identity to the self-actualized woman that she is now. Her second book "Stop Motherhood Burnout: Self-Care Habits to Become Stress Resilient and Unstoppable" will explore in detail the self-care, mindset optimization and stress reduction strategies that transformed her life and are now part of her proprietary process the "H3MJPC Self-

Care and Stress Resilience Method’’. She coaches and teaches these strategies to women all over the world.