

QUICK

emotional
resets

Use these when a change
of vibe needs to happen
ASAP.

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RESET

When your
child is anxious
or scared:

Breathe:

Take 2 slow breaths together

Say:

“It makes sense that you
feel this way.”

Pray:

“Jesus, give us courage and
remind us that You are with us.”

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RESET

When you are
overwhelmed and
overstimulated

Melt:

Loosen your shoulders and
unclench your jaw.

Say:

“God, I am at my limit and I need
Your help.”

Pray:

“Lord, steady my mind and quiet
the noise inside my heart”

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RESET

When you feel
mom-guilt rising

Pause:

Place your hand on your chest.

Say:

“I am loved, even here.”

Pray:

“Lord, God, replace my shame
with Your truth”

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RESET

When the car is
loud and chaotic

Slowly:

Turn the music down

Whisper:

Soften your voice

Pray:

“Jesus, bring peace into
this place”

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