



PARENTPRO

Healthy Hearts Managing What's on Our Plate Guide



www.agapefamilytherapy.com



This guide is dedicated to anyone who open going deeper in self-reflection, sharing their learnings with others in the community, and loving their families more deeply every day.



PARENTPRO



website: www.agapefamilytherapy.com

Follow us on Instagram:

<https://www.instagram.com/loveagapenow/>

Check us out on LinkedIn

www.linkedin.com/in/melissa-d-elliott-lcsw-r-cpc-sifi

Email Us: Intakes@agapefamilytherapy.com

Call Us: 929-234-1697





This guide belongs to:



Overview of Healthy Hearts Guide

- Managing the Plate
- Affirmation
- Grow Your Village



Managing what is on Your Plate

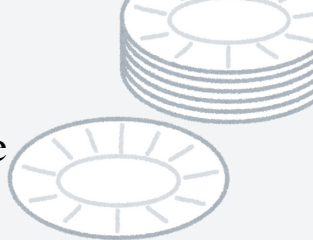
The Plate Model

“We often feel overwhelmed not because we’re weak, but because we’re trying to carry everything, whether it’s ours to hold or not. This model helps us sort the plate, so we can move from overload to clarity.”

Reflect: What are you carrying right now—mentally, physically, emotionally, even spiritually?



What's On Your Plate



Some things that may be on your plate right now:

- Work stress or job searching
- Cooking, cleaning, and daily household responsibilities
- Health concerns or fatigue
- Helping kids with homework or school challenges
- Managing bills and financial worries
- Family dynamics, relationships, or caregiving for others
- Your own emotional or mental well-being

And let's not forget...*just life living*









family 9



Releasing What We Can't Hold Alone

What I Can Control: “These are the things I can influence—my tone, my schedule, whether I ask for help, how I show up emotionally.”

What I Cannot Control: “Some things are out of our hands—weather, other people’s opinions, or how a teacher or partner reacts. But releasing control doesn’t mean giving up—it means freeing yourself from frustration.”

What I Can Let Go: “This one is powerful. We often carry shame, guilt, or expectations that no longer serve us. Letting go doesn’t make you a bad parent—it makes you a wise one.”





Is it Pressing or Crushing?



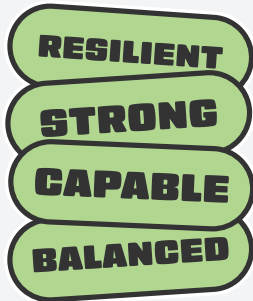
“Not everything urgent is important. When something feels heavy, pause and ask: Is this pressing—something I can take action on? Or is it crushing—something that needs to be shared, postponed, or let go? This is where your support system and flexibility come in.”

Ask yourself: Is this pressing (a priority I can address) or crushing (too heavy to carry alone)?





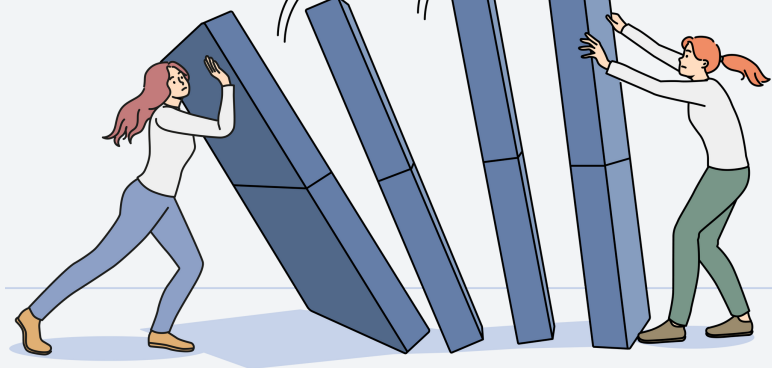
family 12



Reminder:

Priorities shift. That doesn't mean you're failing—it means you're adjusting to real life.
And that's resilience.





“You don’t have to hold it all. You just have to hold what’s yours.”



AFFIRMATIONS

Pause

Take a Deep Breath in

Count to 4

Hold for 7

Release for 8

Speak Out Loud

I am allowed to pause.

I am allowed to shift.

I am still a good parent.





“Grow Your Village”

- Name or Parent Nickname:
- What I need support with right now:
- Something I can offer to other parents:
- One way I'd like to stay connected:

Email: _____

Phone: _____

Monthly

MeetUp/ParentPro: _____

Group Chat: _____



Community is Your SuperPower

Parent Pro & Agape Workshops & Circles – Come back, bring a friend, and stay connected.

School Parent Associations (PTA) – Get involved, even if it's just attending one meeting.

Local Libraries & Community Centers – Free events, parent meetups, and resource boards.

Faith-Based or Cultural Organizations – A built-in support system for shared values and caregiving.

Online Communities (with boundaries) – Local Facebook parent groups (Parent Pro), or virtual support spaces.

One trusted person – A co-worker, neighbor, cousin, or friend. It doesn't take a crowd to feel supported.



Core Values to Model & Teach

Accountability

Responsibility

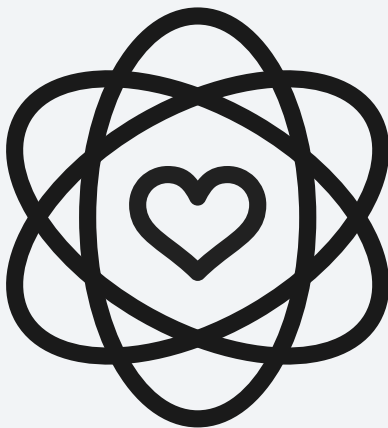
Initiative

Respect

Trust

Communication

Share one value from today with your child this week
Ask for support or say “yes” when it’s offered



Name one thing on your plate-
and decide if it's pressing or
crushing

Schedule a moment for yourself:
rest, joy, or connection





family 20



website: www.agapefamilytherapy.com



Email Us: Intakes@agapefamilytherapy.com

Call Us: 929-234-1697

