

Global Movement Launched to Combat Mental Overload in Mothers

The YANA Method introduces the Founding Mamas Program and 7-Day Mental Chaos Reset to support moms worldwide in finding balance, calm, and resilience.



Hong Kong, Hong Kong S.A.R. Sep 22, 2025 ([Issuewire.com](https://www.issuewire.com)) - A Global Call for Mothers Who Are Done With Mental Overload

This World Mental Health Day, [The YANA Method](#) is gathering 50 visionary mothers to launch something bigger than just another self-care challenge — a worldwide movement to reclaim calm, clarity, and connection in motherhood.

Because here's the truth:

Every day, mothers everywhere are silently carrying exhaustion, anxiety, and the mental chaos that comes with doing it all. And while the world tells us to "just push through," we know better. That's not sustainable. That's not who we are.

We are the women raising the next generation. Our nervous systems set the tone for our homes. Our presence shapes our children's sense of safety. When mothers heal, families heal.

The Invitation

The 7-Day Mental Chaos Reset Challenge

Seven days. Fifteen minutes a day. Practices designed to pause, breathe, and reset your nervous system — so you stop running on fumes and start leading from calm.

The Founding Mamas Program

We're inviting 50 women to step in as the first circle of Founding Mamas — to shape this movement, share your voice, and lead other mothers into a new standard of motherhood: one where peace is power.

Why This Matters

- Stress Relief That Actually Fits: No hour-long meditations. No unrealistic routines. Just practical nervous system resets you can weave into real life.
- Calm Over Chaos: Techniques to soften anxiety and create more presence at home.
- Redefining Self-Care: This isn't "me time" you have to earn — it's your baseline for being the woman, mother, and leader you want to be.

A Word From Our Founder

"As a mother, I've lived the chaos — the sleepless nights, the racing thoughts, the invisible weight no one sees. This isn't about quick fixes. It's about rewriting what it means to mother: from survival mode to a legacy of calm.

By choosing 50 Founding Mamas, we're not just running a program — we're starting a ripple effect that will change families around the world." – Heaney, Founder of The YANA Method

Timeline

- Sept 7–27: Applications open for Founding Mamas
- Sept 30: Onboarding with Heaney
- Oct 1–7: Mental Chaos Reset Challenge
- Oct 10: Celebration on World Mental Health Day

Early Voices of Change

Mothers who've tried these practices share that even 15 minutes felt like "a full day of meditation." One mama said: *"I came back to myself. And my kids felt it too."*

Applications close Sept 27. Founding Mamas receive early access to The YANA Method app, premium membership, and the chance to be spotlighted as leaders of this movement.

[Apply here](#)

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