

# Overcoming Overwhelm

I sometimes feel overwhelmed when this happens:



Feeling overwhelmed can give me a "bonus" emotion of:

- sadness
- anger
- fear
- disgust
- panic
- helplessness
- other .....



This where I feel overwhelm in my body:

- stomach
- head
- chest
- throat
- hands
- eyes
- other .....



Feeling overwhelmed gives me the urge to do this:



- give up
- hurry up
- procrastinate
- cry
- other .....

This is a time when I felt overwhelm, but I was able to calm myself and keep going:



Reflect on that success you had. What worked for you to overcome the emotion of overwhelm?



These are strategies that help some people when they feel overwhelm. Underline ones you've tried. Check ones you might try.

- Close my eyes and take 20 deep breaths.
- Name 20 things I see and their colors.
- Tighten and release muscles one by one.
- Make a list in order of what I need to do.
- Put cold water or ice on my face.
- Go for a walk or a run.
- Do a mindfulness exercise with an app.
- Close my eyes and visualize it going well.
- Close my eyes and remember a time I overcame this feeling to keep going.
- other .....

This is what I need to have when I know I'm going to be in a situation that might overwhelm me:



This is what I need to do when I begin to feel overwhelm:



This is who I'll talk to if I need a coach or cheerleader"

