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

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 who I’ll talk to if I need a coach or cheerleader:

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

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?

Congrats! You did it.