



When Everything Feels Overwhelming

When everything feels like too much, the goal is not to solve everything at once. Start by coming back to this moment and taking one small step at a time.



1.

Start with this moment

Ask yourself: What needs my attention right now – not everything, just right now?

Bring your focus back to the next few minutes rather than the whole day, week, or problem.



2.

Come back to your body

Try one or two of these:

- Place both feet on the floor
- Notice the chair supporting you
- Relax your shoulders and unclench your jaw
- Slow your exhale
- Notice what you can see and hear around you



3.

Make things smaller

Ask:

- What truly needs to be done now?
- What can wait?
- What can be simplified?
- What can I ask someone else to help with?
- What does not need my attention today?

One manageable step is enough for now.



4.

Reduce the pressure where you can

If possible, lower expectations temporarily.

You might postpone something, take a short break, eat something simple, step away from your phone, rest, or say no to an extra demand.



5.

Reach out

You do not have to carry everything by yourself.

Consider speaking to someone you trust.

You could simply say: 'I'm feeling overwhelmed and I could use some support.'



A gentle reminder

You do not have to solve your whole life today.
One breath. One need. One small next step.

