

When You Feel Overwhelmed

Remember: your needs are not selfish. Caring for yourself is part of caring for your family. Here's a reset you can do in about a minute, even in the car line.

Your 60-second reset

- 1 **Name it.** Say it to yourself: "I'm overwhelmed right now." Naming a feeling helps your brain begin to settle it.
- 2 **Breathe low and slow.** In for 4, out for 6. Three rounds. The long exhale tells your body it's safe.
- 3 **Come back to the room.** Notice 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.
- 4 **Choose one next step.** Not the whole list. Just the next small thing.
- 5 **Reach for one person.** Send one text: "Rough day. Can you talk later?"

On my mind

Get it out of your head

Can wait

Give yourself permission

Can ask for help

Who could take one thing?

Tell yourself: *"This is a hard moment, not a hard life." • "I don't have to do it all today." • "Asking for help is strength."*

When it's more than a hard week: if you've felt down, anxious, or numb most days for two weeks or more, aren't sleeping or eating, or are having scary thoughts, please reach out to your doctor or a counselor from the community directory. You don't have to wait until it's worse. If you're in crisis, call or text 988.

"He giveth power to the faint; and to them that have no might he increaseth strength."

ISAIAH 40:29