



## FIND YOUR CALM FINDING CALM WHEN LIFE FEELS OVERWHELMING

We've all been there - feeling the weight of responsibilities, and wondering how it all piled up. The feeling of being pulled in different directions, too much to do and not enough time to do it. It builds to a point even the smallest task feels impossible, you go into freeze mode and do nothing. That's not laziness, it's overwhelm. When our nervous system is flooded with "too much," our brain can switch into freeze mode. It's a built-in survival response. The good news? You can gently guide yourself out of it. Here's how to bring yourself back to basics when life feels too heavy to handle.

### **Stop. Breathe. Reset.**

Before you do anything, take a slow, deep breath. As you breath out, let all the air in your lungs empty. As you breath in, slow it down and control it, slow and steady. Breath in and out 6 times. Feel your feet on the ground. Wriggle your jaw and allow it to relax. Even 60 seconds of conscious breathing helps your body move from panic to presence.

### **Name What's Really Happening**

Say it out loud or write it down: "I'm feeling overwhelmed because..." When we name the feeling, we take it out of the swirl of our thoughts and into awareness. Don't judge or reason what comes up, allow it to flow freely. Continue listing things, often there is a deeper reason for why we feel the way we do. Awareness gives us clarity — and clarity brings calm.

### **Make a List (But a Realistic One)**

Get it out of your head and onto paper. Then, and this part matters, circle just three things that truly need attention today. Everything else can wait, be delegated, or let go. Ask yourself: What will make the biggest difference to how I feel today? What is truly urgent, and what just feels loud?

### **Tackle One Thing at a Time**

Multitasking is an illusion, it splits your energy and increases stress. Instead, choose one task and stay with it until it's done. Each small action builds momentum and self-trust. Tip: Set a timer for 20 minutes and focus on just one thing. When it's done, take a mindful break.

### **Let Go and Ask for Help**

Not everything is yours to carry. Check in with yourself: "Is this really my responsibility, or have I just picked it up out of habit?" Sometimes, the most powerful step is to delegate, ask for help, or simply release what no longer serves you.

### **Final Thought**

When life feels too much, the goal isn't to do everything — it's to come back to yourself. Calm doesn't come from control; it comes from compassion. And when you give yourself that gift, the world starts to feel manageable again.

You've got this. One breath, one step, one moment at a time.

Written by Jennifer Thevalyn