

THINGS THAT HELP WHEN YOU FEEL OVERWHELMED

HEALD
THERAPY



A SAFE PLACE WHERE HEALING BEGINS

GETTING OUTSIDE (EVEN BRIEFLY)

FRESH AIR, NATURAL LIGHT AND A SMALL CHANGE OF ENVIRONMENT CAN HELP REGULATE AN OVERWHELMED NERVOUS SYSTEM MORE THAN WE OFTEN REALISE. IT DOES NOT HAVE TO BE A LONG WALK TO MAKE A DIFFERENCE. JUST GIVE YOURSELF A MINUTE...

REDUCING STIMULATION

WHEN WE FEEL OVERWHELMED, OUR BRAINS ARE OFTEN ALREADY OVERLOADED. LOWERING NOISE, SCREEN TIME, NOTIFICATIONS OR EVEN JUST STEPPING AWAY FROM CONSTANT INPUT FOR A WHILE CAN HELP CREATE A SENSE OF CALM TO HELP IN THOSE MOMENTS OF UTTER OVERWHELM.

FOCUSING ON THE NEXT SMALL THING

WHEN EVERYTHING FEELS TOO MUCH, TRYING TO SOLVE EVERYTHING AT ONCE CAN MAKE OVERWHELM FEEL EVEN BIGGER AND OFTEN, IT'S NOT POSSIBLE TO SOLVE EVERYTHING AT ONCE. SOMETIMES FOCUSING ON JUST THE NEXT SMALL TASK IS ENOUGH. ONE STEP AT A TIME.

LETTING YOURSELF PAUSE WITHOUT GUILT

REST IS NOT LAZINESS. SLOWING DOWN, SITTING QUIETLY OR TAKING A BREAK DOES NOT MEAN YOU ARE FAILING — IT MEANS YOU ARE HUMAN. LET THIS BE YOUR PERMISSION...

TALKING TO SOMEONE - EVEN IF NOT PROFESSIONALLY

OVERWHELM OFTEN GROWS LOUDER IN ISOLATION. WHETHER IT'S A FRIEND, LOVED ONE OR THERAPIST, FEELING HEARD AND SUPPORTED CAN HELP THINGS FEEL A LITTLE LESS HEAVY. THERAPY HELPS TOO.

DOING ONE THING THAT FEELS FAMILIAR OR COMFORTING

WHEN WE FEEL OVERWHELMED, SMALL FEELINGS OF COMFORT OR FAMILIARITY CAN HELP REGULATE THE NERVOUS SYSTEM - THIS IS KNOWN AS SELF-SOOTHING. THIS MIGHT LOOK LIKE REWATCHING YOUR FAVOURITE COMFORT SHOW, LISTENING TO MUSIC, HAVING A SHOWER, MAKING A HOT DRINK OR RETURNING TO A FAMILIAR ROUTINE — NOT EVERYTHING HAS TO BE PRODUCTIVE TO BE HELPFUL.

GROUNDING YOURSELF PHYSICALLY

SMALL PHYSICAL GROUNDING TECHNIQUES — SUCH AS DEEP BREATHING, STRETCHING, HOLDING SOMETHING COLD OR FOCUSING ON YOUR SURROUNDINGS — CAN HELP BRING YOUR NERVOUS SYSTEM BACK INTO THE PRESENT MOMENT. ENGAGE YOUR SENSES. USE THE BODY TO CALM THE BODY.

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GENTLE REMINDERS

YOU DO NOT NEED TO FIGURE EVERYTHING OUT TODAY.

SMALL STEPS STILL COUNT.

OVERWHELM IS NOT A PERSONAL FAILURE.

REST IS PRODUCTIVE TOO.

SLOWING DOWN CAN BE NECESSARY, NOT LAZY.

YOUR NERVOUS SYSTEM DESERVES CARE TOO.

YOU ARE ALLOWED TO ASK FOR SUPPORT.

DOING YOUR BEST MAY LOOK DIFFERENT DAY TO DAY.

STOP. PAUSE. TAKE A BREATH.

FROM HEALD THERAPY

IF THINGS HAVE BEEN FEELING OVERWHELMING
LATELY, PLEASE REMEMBER YOU DO NOT HAVE TO
CARRY EVERYTHING, ALL THE TIME, ALL AT ONCE.

SOMETIMES THE SMALLEST THINGS — SLOWING DOWN,
TAKING A BREATH, ASKING FOR SUPPORT OR SIMPLY
BEING A LITTLE GENTLER WITH YOURSELF — CAN MAKE
MORE DIFFERENCE THAN WE REALISE.

OVERWHELM DOES NOT MEAN YOU ARE FAILING. IT
OFTEN MEANS YOU HAVE BEEN CARRYING TOO MUCH
FOR TOO LONG.

BE GENTLE WITH YOURSELF ❤️

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