

One
step at
a time.
♡

Coping With Overwhelm

Gentle support for when everything feels like too much.

You can
do hard
things
gently.
♡

When life feels heavy or overstimulating, it can help to pause, take one small step, and come back to what matters most. Use this page to slow down, notice what you need, and support yourself with care.

Pause & Notice

What feels most overwhelming right now?

What is making this feel bigger or harder?

What is one feeling I am noticing in myself?

What might help right now?

- ☐ Take a few slow breaths
- ☐ Drink water
- ☐ Step outside
- ☐ Sit somewhere quiet
- ☐ Move my body
- ☐ Text or call someone safe
- ☐ Take a short break
- ☐ Eat something nourishing
- ☐ Lower expectations for today
- ☐ Do just one thing at a time

Small
steps
still
count.
♡

What do I need most?

One small next step

Right now I can...

I can let go of...

I can ask for...

To support myself, I will...

When I need quick support

Breathe

Ground

Simplify

Pause

Reach out



A gentle reminder

*You do not have to do everything all at once.
Start where you are, and take the next kind step.*

Beyond the Mirror Counseling & Wellness
Real support for real life

You are
allowed to
slow down.
♡