



WHAT TO DO WHEN YOU'RE FEELING OVERWHELMED

5

DEEP BREATHS

Take 5 deep inhales and exhales before moving onto the next step or trying to solve the problem at hand.

4

4 MINUTES OF SILENCE

Set a timer and close your eyes for four minutes. This gives your brain a chance to process what's happening.

3

THINGS YOU'RE GRATEFUL FOR

Gratitude helps put things into perspective. Remember that this problem can and will be managed.

2

THINGS YOU CAN GET DONE

Break the problem down into two or more small, manageable tasks. Write them down.

1

REASON WHY THIS IS IMPORTANT

Your thoughts and feelings matter. You will be more successful if you take the time to take care of yourself.

Build Your Best You

Live Well

