

# The Overwhelm Reset Toolkit

*Calm the chaos and return to centre, one small step at a time*





# When You're Stuck in the Swirl

Overwhelm doesn't just live in the mind. It lives in the body, the breath, and the pace of your day.

This toolkit is here to help you pause, re-centre, and gently take back your sense of clarity.

You don't need to "fix" everything, just find one safe place to start.



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# Tool 1: What's Piling Up?

List everything that feels like "too much" right now.

Big or small, dump it all out onto paper. Don't organise it yet. Just get it out of your head.

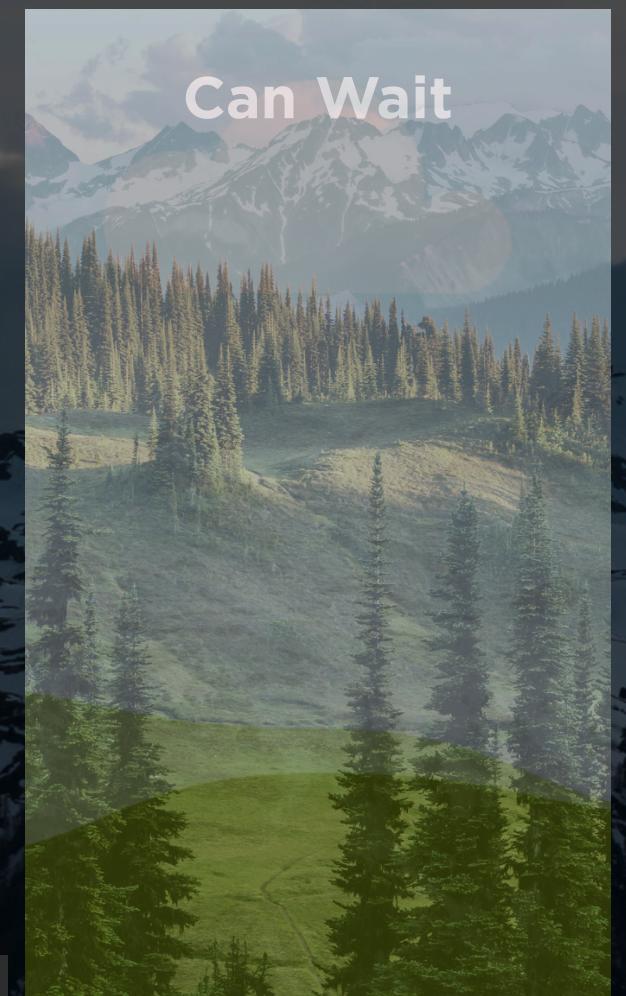
You're not failing, your brain is overloaded. This is your reset point.



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# Tool 2: Must - Can Wait - Let Go

Now, gently sort your list into 3 columns:



This helps you shrink the storm and find clarity, even if nothing changes immediately.

# Tool 3: Regulate Your Body First

You can't think clearly when your nervous system is dysregulated.  
Pick 1–2 grounding actions from this menu:

- 👉 Breath reset: 4–6 breathing
- 👉 Touch: press palms or feet to the floor
- 👉 🚶♀ Movement: slow walk, shake out your hands
- 👉 🎵 Sound: calming music, white noise
- 👉 🤲 Self-hold: place a hand on your chest or belly

Choose what feels safest — even 60 seconds helps.



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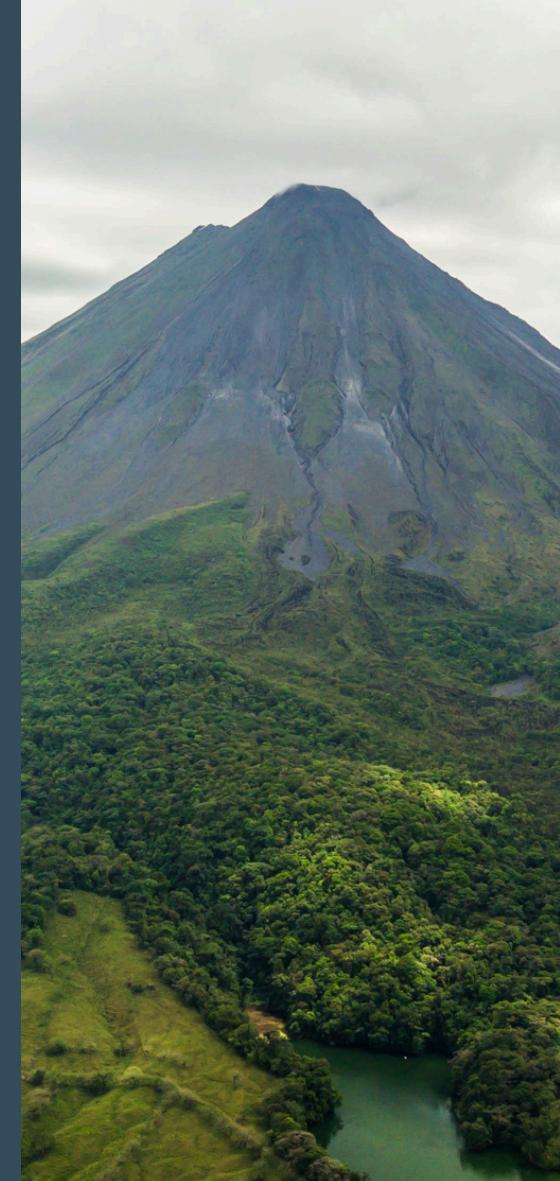
# Tool 4: Boundaries You're Allowed to Set

Complete this sentence with honesty and care:

Today I'm allowed to...

- Say no to...
- Take a break from...
- Ask for help with...

You don't need to explain or earn rest. Your limits are valid.



# Tool 5: 2-Minute Reset Routines

Choose one tiny ritual to return to when you feel overwhelmed:

- Wash your hands and take three deep breaths
- Light a candle and watch the flame
- Open a window and take in the air
- Write down 3 words for how you feel
- Hold something cool, warm, or soft

These are small acts of safety — that's what your nervous system needs most.



# Overwhelm Doesn't Mean You're Weak

Feeling overwhelmed doesn't mean you're not coping, it means you've been carrying too much, for too long.

You don't have to solve everything.

You just have to come back to yourself, one breath, one step, one safe moment at a time.



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# Thank You for Taking This Time for Yourself

Showing up for yourself, especially in moments of overwhelm, is a brave act.

You didn't need to push through or have it all figured out.

You paused, reset, and listened to what you needed.  
That matters.

You can come back to this toolkit anytime.  
You are not behind. You are simply human, and healing.



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