

3 QUICK STEPS TO FEELING LESS OVERWHELMED

1 Deep breathing

Take deep slow breaths into your belly. See your stomach rise and fall. Do this for at least 30 seconds.

This activates your diaphragm, which in turn tells your nervous system it's time to slow down.

2 Hand on chest

Put one or both hands on your chest. Notice the temperature & pressure of your hands on your chest. Do this for at least 30 seconds.

This action produces similar physiological effects to receiving a hug, decreasing cortisol (stress hormone) & increasing oxytocin (feel-good hormone).

3 Soothing Thoughts

Repeat a short, simple mantra to yourself. This helps your mind re-focus away from your worry thoughts.

Try saying:
"I am in control of my breath"
"I am ok in this moment"
"Breathing in, breathing out"

★ Do all 3 steps together for maximum effect!

