When Everything Feels Overwhelming Reflection

What's weighing on me most right now?

List a few things that feel heavy or unmanageable today—whether external pressures, mental noise, or emotional exhaustion.

How is this overwhelm showing up in my body or behavior?

Are you feeling frozen, irritable, tired, wired, avoidant? Recognizing the signs (like racing thoughts, jaw tension, or snapping at loved ones) can help you respond kindly

What's one thing I can do (or let go of) today to reduce pressure?

This might be:

- Doing one small task
- Saying no to something
- Asking for help
- Giving yourself permission to rest for 15 minutes

A reminder I need to hear today is...

Examples:

💬 "I am overwhelmed, not failing."

💬 "Doing one thing is enough today."

💬 "Rest is not laziness—it's medicine."