

4 Things to Try When You're Feeling **OVERWHELMED**

<p>Make a list of things you CAN control.</p>	<p>Give yourself a TIME OUT and do something nourishing.</p>
<p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p>	<p>Draw something that comforts and sustains you.</p>
<p>Notice your limits and ask for help.</p>	<p>Try a grounding technique.</p>
<p>Draw a portrait of someone helpful in your life</p>	<p><i>Reset your breath: Inhale deeply through your nose. Exhale slowly through your mouth. Repeat 2 more times (or as much as you want!).</i></p> <p>Give yourself a big hug! Wrap your arms around yourself and squeeze.</p> <p><i>Or write down your favorite grounding technique and refer to it later:</i></p> <hr/> <hr/>