



seven steps to combat anxiety and overwhelm

When you are feeling anxious or your senses are overwhelmed, it can be hard to carry on.

When you are feeling this way, it is good to have some tools in your pocket to help you to cope and find a way through those feelings.



POLLY
JEMIMA

thisenchantedpixie.org
pollyjemima.com

GROUND

Try this calming technique to help you get through tough or stressful situations.

5 - LOOK: Look around for 5 things that you can see, and say them out loud.

4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

2 - SMELL: Say two things you can smell. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

STOP

When it all gets too much - STOP. Pause. Put everything down and walk away from the situation.

BREATHE

In for five seconds. Hold for five seconds. Out for five seconds. Focus on the sound of your breath and forget about everything else.

WRITE

Take ten minutes to 'mind dump', writing down everything that is worrying you, everything that is on your mind and anything you are trying to remember.

GO OUTDOORS

Give yourself thirty minutes and get outdoors. Go for a walk, sit with a cup of tea and listen to the sounds, meditate - whatever feels right for you.

CONNECT

Reach out to a loved one, family or friend. You don't need to ask for help or explain how you are feeling. Connection is key, and something that we all need. It reminds us we are not alone and we are loved.

GRATITUDE

When it all feels too much, and you've lost sight of yourself, take a moment to be grateful for the good that is in your life right now. List {written or mentally} three things you are grateful for in this moment. Keeping a daily gratitude journal helps you to focus on the good