



OVERWHELMED

to

*Okay
again*

in less than
5 minutes

8 Simple Steps

Practice makes you stronger

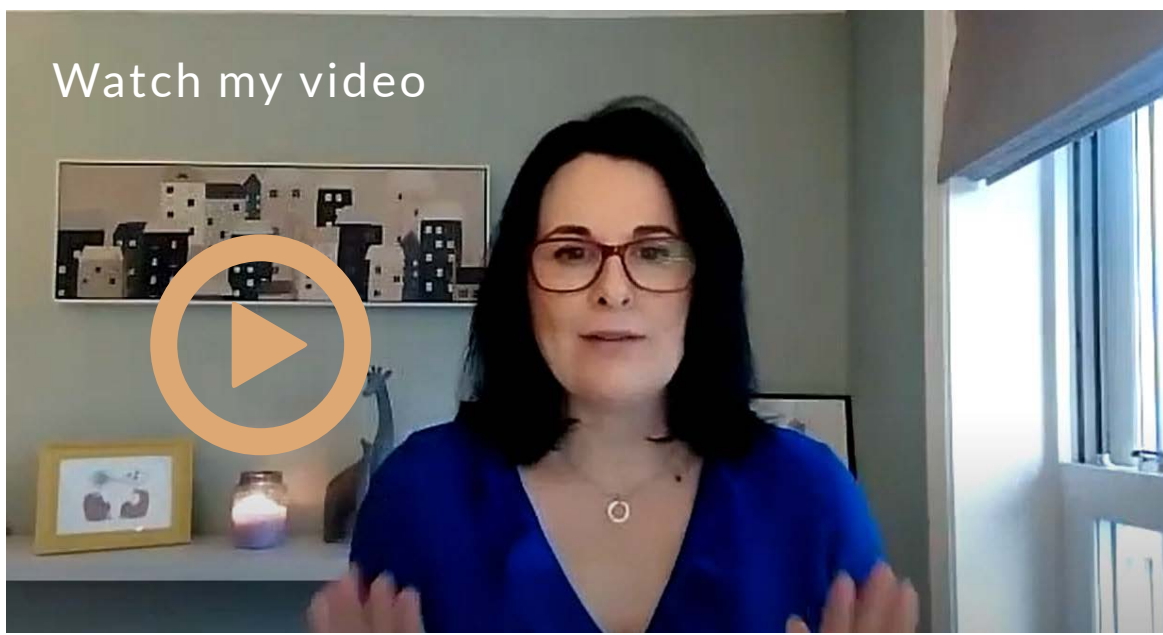
We all get overwhelmed from time to time, and some of us more than others. This simple step by step guide will help you step out of overwhelm and get you feeling okay again in less than 5 minutes.

The more we follow this step-by-step guide, the quicker we will create new neuro pathways in our brain, which will help us retrain our brain to have a more positive experience, and in turn will deal with the overwhelm much quicker and simpler. In fact, you will start to feel less overwhelm all together, as your brain will know what to do with practice.



Love, Sarah xx

Watch my video



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- 1 Imagine a STOP sign, a hand outstretched in front of you or grounding yourself firmly into the ground. You choose whatever comes to your mind when you hear STOP!
- 2 Take 3 deep deliberate BREATHS (breathe in for 3 and out for 6).
- 3 Check in with yourself and ask yourself:
'What am I feeling right NOW?'
- 4 What is the thought that I am thinking right now?
Get DELIBERATE - what is the actual thought you are thinking?
Word for word if you can. Remember thoughts are NOT facts.
They are simply just thoughts.
- 5 Ask yourself if this thought is actually real? In other words,
CHALLENGE this thought. Is there any evidence to back up this thought?
Have I just made this thought up or exaggerated it massively?
- 6 CHANGE the thought to the reality of the situation, and what you
are ACTUALLY thinking. Make the thought more useful and
REAL to you. Change the thought into the ACTUAL and SPECIFIC
thought you are having.
What is really going on, and what is your NEW thought?
- 7 Take 3 deep breaths (breathing in for 4 and out for 8)
with the NEW and REAL thought you are having.
Really breathing into the NEW thought, and releasing
the original exaggerated thought.
- 8 SMILE - the brain doesn't know if your smile is genuine
or not genuine. In other words you can trick the brain. If you smile,
even a fake smile, happy hormones such as serotonin, oxytocin
and endorphins are released.

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- 1 STOP!
- 2 BREATHE...
- 3 What are you FEELING right now?
- 4 Get DELIBERATE with your thought.
- 5 CHALLENGE your thought.
- 6 NEW thought.
- 7 BREATHE...
- 8 SMILE



I hope you have enjoyed this gift from me to you. It has helped me massively over the years, and remember the more you practice this, the stronger you will become.

Your overwhelm will become less over time as your brain will know exactly what to do.

Love, Sarah xx



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