

When You're Feeling Overwhelmed

- Close your eyes and take 10 deep breaths, breathing out longer than you breathe in as that helps our body to feel less stressed.
- Use the Headspace app, particularly the “take a break” meditation.
- Do the 5 senses grounding activity- what are 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste?
- Do the rainbow grounding activity- what's everything you can name in the room that's red? Orange? Yellow? Etc.
- Shower yourself in compassion. Speak to yourself how you would a good friend.
- Lay on the floor, put your legs up the wall.
- Drink a cup of tea.
- Do some intense exercise, get your blood pumping and your brain focused on something else.
- Smell essential oils.
- Call a friend, a family member, a therapist.
- Change your temperature- hold something really cold, take a really hot shower.
- Eat a snack, balance your blood sugar.
- Take a nap.
- Put on your favorite song and dance.
- Give yourself permission to be overwhelmed.
- Look at your calendar- what can you let go of/ say no to right now?
- Do alternate nostril breathing.
- Take a walk outside.
- Practice progressive muscle relaxation- tense different body parts up, then allow them to relax.
- Watch your favorite funny Youtube video.
- Journal/ write/ draw it out.
- Ask for a hug from a loved one.
- Practice Yoga with Adriene on Youtube, particularly her stress and anxiety management practices.
- Take some deep lion's breaths.
- Take a break from caffeine.
- Eat something with protein and fat in it.
- Outer order, inner calm- clean/ organize your space.
- Tell someone- get vulnerable with your emotions, chances are someone else is feeling similarly to you.
- Listen to a self-compassion meditation (Insight Timer app.)
- Create a mantra- I can't be everything to everyone, one minute at a time, emotions can't last forever, one thing at a time.
- Recognize that our brains are like the Internet- too many tabs open and they crash. Focus on one thing, prioritize, ask for help if you need help prioritizing.
- Set boundaries, you don't have to do everything right now. Take care of yourself first.

- Do a body scan, relaxing all the parts of your body that you can- soften your jaw, relax your shoulders away from your ears, etc. A relaxed body helps lead to a more relaxed mind.
- Get some perspective- zoom out and remember that this moment is a blip in your life and in a year from now this will probably (hopefully) not matter too much.
- Ask yourself- is this helping? And if the racing thoughts are not serving you, remind yourself and your brain that this is not helping you feel better or move forward.
- Call Behavioral Medicine and schedule an appointment (617-353-3569.)
- Go to Behavioral Medicine's graduate student support group (Wednesdays 5:00-5:50, Fridays 3:30-4:30.)

