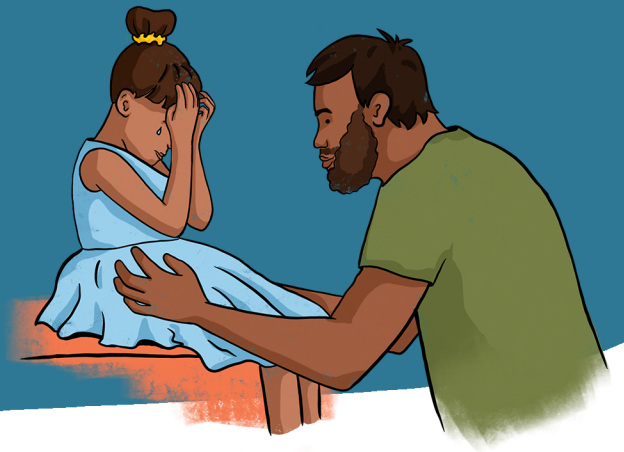


Tiny things we can do when it feels really stressful...



In moments of overwhelming stress, panic, and that swirl of our fight, flight, or freeze response, having quick go-to strategies can be a game-changer.

First things first, be kind to yourself. Find those words of self-encouragement that really resonate. Then, ground yourself to find some calm.

These little tricks aren't about avoiding big emotions or being scared of them. They're like anchors that help our brains shift from "it's all too much" to "I've got this!" Because, guess what? You totally do!

Here are some ideas:

- **Deep Puku Breathing:** Count your breaths and say to yourself, "I'm breathing in" as you inhale, and "I'm breathing out" as you exhale. It helps us focus and gives our minds a distraction.
- **Feel Your Feet:** Tune into the sensation of your feet on the floor. It's like giving your brain a gentle nudge towards peace.
- **Explore Something:** Pick up an object nearby and really examine it. Feel its texture, inspect its details. This curious exploration can help quiet our minds.
- **Engage Your Senses:** Look around and notice what you can see, smell, taste, hear, and feel. Grounding ourselves in our environment helps us feel safer.
- **Bi-lateral Stimulation:** Move your body with left-right motions, like walking, or giving yourself a butterfly hug (cross your arms bringing them into you so your hands are on your chest and tap left, right repeating). This supports concentration, evokes a sense of calm and forces your brain to focus on something else.
- **Look Outside:** Nature has a magical way of soothing us. Take a moment to see what's out the window and let your senses come alive.

Remember, it's not about running away from overwhelm but finding ways to face it head-on. And hey, don't forget to combine your favourite strategies. They work best as a team!

Lastly, it's totally okay to let others know if you need support or just some time to breathe. Saying, "I'm feeling overwhelmed right now and need to calm down" can be incredibly powerful.