

If You're Feeling Emotionally Overloaded

A simple grounding guide

This guide is for moments when everything feels like too much — emotionally, mentally, or physically.

You don't need to calm everything down. You don't need to make sense of it. Bringing the intensity down even slightly is enough.

Start by Naming What's There

Quietly name what you're feeling in plain words.

Stressed. Overwhelmed. Low. Frustrated.

You're not analysing — just labelling.

Naming helps reduce emotional intensity.

Breathe to Create Space

Take a steady breath in through your nose.

Let it leave slowly through your mouth.

If it feels comfortable, let the out-breath be longer than the in-breath.

This tells your nervous system the feeling isn't dangerous.

Add a Grounding Statement

Say quietly to yourself:

"This is uncomfortable — not dangerous."

Say it again if needed.

You're reminding your body that it can stay present.

Use Small Movement

Roll your shoulders once.

Unclench your hands.

Shift your weight slightly.

Small movements signal that you have options.

Anchor to the Body

Notice:

- your feet on the floor
- the support under you
- your breathing

Physical anchors help contain emotional surges.

If the Feeling Stays

That's okay.

This guide is about steadiness, not disappearance.

You can repeat any step as many times as needed.

When to Use This

- when emotions spike suddenly
 - when you feel close to shutting down
 - when things feel hard to manage
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A Final Reminder

You don't need to push through this.

You're allowed to slow it down.

Created by Heartfelt Healing