

# 5 Ways to Calm an *Overstimulated Mind*

Balanced Mind Hub

Cheryl Fisher, PMHNP



Simple, practical tools to help you reset, slow down,  
and feel grounded again.

[www.balancedmindhub.com](http://www.balancedmindhub.com)

# Introduction

Your mind can feel overloaded even when everything seems “fine” on the outside. Daily responsibilities, digital distractions, and constant mental chatter can leave you feeling drained, anxious, or restless.

These *five* practical strategies are designed to help you pause, reset, and regain calm — even if you only have a few minutes.

## Reflection

Take a moment to notice your current state. How overstimulated do you feel right now, on a scale of 1–10?

(1 = calm, 10 = overwhelmed)

# Tip #1

**Why it Works: Focusing on your senses pulls your attention away from racing thoughts and anchors you in the present moment.**

Take slow, deep breaths as you go. Even 1-2 minutes of this exercise can reduce anxiety and mental overload

## GROUNDING TECHNIQUES FOR THE SENSES

- 5 THINGS YOU CAN SEE 
- 4 THINGS YOU CAN TOUCH 
- 3 THINGS YOU CAN HEAR 
- 2 THINGS YOU CAN SMELL 
- 1 THINGS YOU CAN TASTE 

**TIP: Use it whenever your mind is spiraling - at work, home, or even in line at a store**

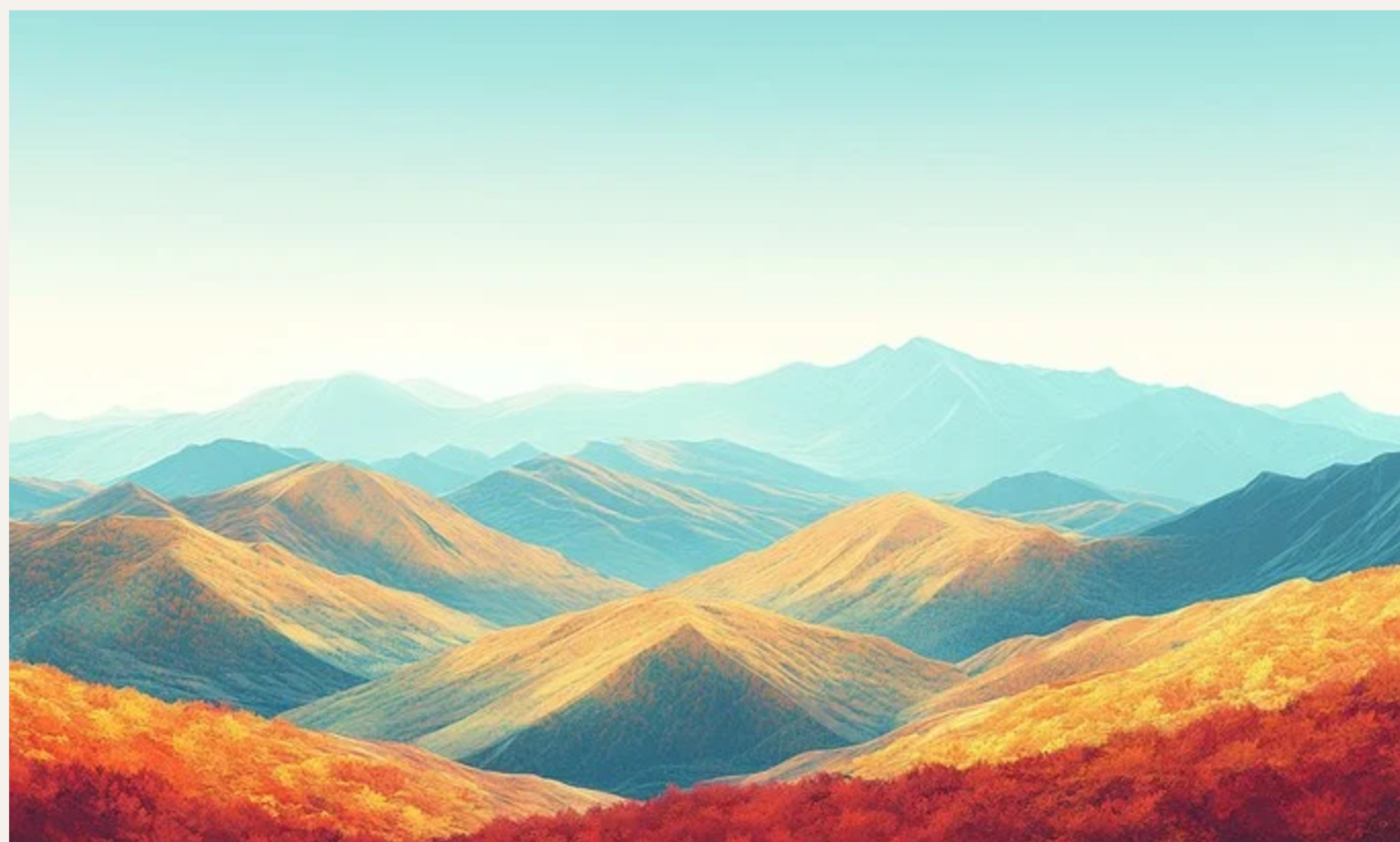
# Tip #2

## Slow, Deep Breathing

**Why it works:** Overstimulation often comes with shallow, rapid breathing, which keeps your body in “fight or flight” mode. Deep breathing activates your parasympathetic nervous system — your body’s natural calming mechanism.

**How to do it:**

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 6 counts
- Repeat 3–5 times



**Tip:** Place a hand on your belly to feel it rise and fall. It helps you breathe fully.

# Tip #3

## Mini Movement Break

### Why it works:

**Physical movement releases excess energy and tension, helping your brain reset.**

### How to do it:

- Stretch your shoulders, neck, and back
- Walk around your room for 3–5 minutes
- Shake out your hands and feet



**Reflection: Notice how your body feels before and after this mini break.**

# Tip #4

## Create a “Reset Space”

**Why it works:** A dedicated calming environment signals your brain that it’s time to relax, which lowers stress hormones.

**How to do it:**

- Turn off notifications or step away from your phone
- Dim lights or use soft lighting
- Add calming music or nature sounds
- Keep a small tactile object to hold (stone, stress ball, or fabric)



**Tip:** Even a corner of a room or a chair can serve as your reset space.

# Tip #5

## Journaling / Brain Dump

### Why it works:

**Writing down thoughts and worries unloads your mental clutter, helping your mind feel lighter.**

### How to do it:

- Write everything racing through your mind — don't filter
- Highlight what you can take action on later
- Set everything else aside for now



**Prompts to Consider: Thoughts to Take Action On; Worries to Let Go For Now; Ideas for Tomorrow**

# Bonus

## 1-Minute Mind Reset

**Even 60 seconds of mindfulness can interrupt mental overload.**

- **Close your eyes**
- **Notice 3 sounds around you**
- **Take 3 slow breaths**
- **Smile**



**Repeat once. This tiny practice signals your brain it's safe to pause and reset.**

# Reflection & Next Steps

**Which of these five strategies could you try today?  
Choose one and commit to it.**

**Try using one or two strategies tomorrow and  
notice how your mind and body respond.**

**Small, consistent practices create calm over time.  
You don't need to do everything at once, just start  
somewhere.**

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