

WHAT HELPS WHEN I'M

OVERLOADED?

Sometimes my brain and body gets overwhelmed. That's okay. These are things that can help me feel safer, calmer and more in control again. ♡



1. Signs I might be overloaded

These are things I notice in my brain or body when I'm getting overloaded.

♡ _____
♡ _____
♡ _____
♡ _____

2. Things that help calm my brain

These things help me feel calmer and more settled.

♡ _____
♡ _____
♡ _____
♡ _____

3. Comfort items that help me

These items help me feel safe, comforted and supported.

♡ _____
♡ _____
♡ _____
♡ _____

4. Places I feel safer

These are places where I can go to feel safer or have a break.



♡ _____
♡ _____
♡ _____

5. Things that make overload worse

These things can make me feel more overwhelmed.

♡ _____
♡ _____
♡ _____

6. What I need from other people

This helps me feel understood, supported and safe.

♡ _____
♡ _____
♡ _____

7. Ways I can rest and recover

These help me recharge my body and mind.

♡ _____
♡ _____
♡ _____



8. Gentle reminders for hard days

- ★ Overload is not bad behaviour.
- ★ My brain and body are trying to protect me.
- ★ It's okay to pause.
- ★ Rest is important.
- ★ I do not have to push through everything.
- ★ It's okay to ask for help.
- ★ I am doing my best.



9. Other things that help

Anything else that helps me feel better.

♡ _____
♡ _____
♡ _____



It's okay to...

- ♡ take breaks
- ♡ say "I need a break"
- ♡ leave a situation
- ♡ do less
- ♡ put your needs first



- ★ My needs matter.
- ★ My comfort matters.
- ★ I am allowed to take up space.

I am enough, just as I am.

You are not too much.
You are enough.