

WHEN YOU NEED A

LITTLE EXTRA SUPPORT

Whether you're seeking a calming strategy, looking for practical tools, or simply need someone who truly understands — Helpful Connextions is here to walk alongside you with compassion, insight, and real-world support. This guide is just one of the many ways we've got your back. This pocket-sized guide is your go-to toolkit for tricky moments — at home, in the car, at the shops, or out in the community. Use it when things feel overwhelming, when waiting times stretch too long, or when you need a reset.

IN THE MOMENT STRESS

When you're right in the thick of it, heart pounding, brain scattered - here are 5 grounding "you've got this" affirmations: 00 REMEMBER SAFETY **KNOW** PAUSE ONE ONE I DON'T THIS FEELING I AM SAFE I'VE GOT MY BREATH, NEED TO FIX IS **OWN BACK** ONE STEP **EVERYTHING TEMPORARY RIGHT NOW** ONF JUST I'VE I CAN SLOW NO MATTER CHOICE HANDLE THE SURVIVED DOWN. WHAT AT A TIME NEXT WORSE AND **I HAVE HAPPENS** I'VE GOT MOMENT COME OUT **OPTIONS** THIS **STRONGER** COUNTING TASTE BREATHING Open your hand into a star. Have a eucalyptus lolly 5 things you can see, Slowly trance around your 4 things you can touch Concentrate on the smell and fingers breathing in as you 3 things you can hear taste. go up ...and breathing out 2 things you can smell Breathe deep, through your as you trace your finger 1 thing you can taste nose, focus on the flavor and down the other side. your breathing. PRESSURE, TOUCH, HEAVY WORK, BIG IMPACT

Tight hug or pressure on shoulders

Push a loaded trolley around the supermarket

Take the stairs (use heavy strides)

Carry the loaded basket

Squeeze your shoulders



Push on a wall



BAD JOKES

-Why don't eggs tell jokes? Because they'd crack each other up.
-Want to hear a construction joke? Oh... never mind, I'm still working on it.
-I only know 25 letters of the alphabet. I don't know y.
-I ordered a chicken and an egg from Amazon. I'll let you know.
-Why did the scarecrow win an award? Because he was outstanding in his field.
-I don't trust stairs. They're always up to something.

WAITING ROOM DISTRACTIONS

I spy something with each texture soft, hard, round, clear, bumpy, smooth...

- Count ceiling tiles or floor squares

- Start a mini scavenger hunt: 3 red things, 2 fruits, 1 dog

- Alphabet Animals or Vegetables - Name something from each letter of the alphabet.

SPIRALING

When you're mid-panic spiral, it's all about calming the nervous system and anchoring yourself. These affirmations are short, steady, and designed to cut through the noise:

MY BODY IS REACTING, BUT I AM NOT IN DANGER. I AM OKAYI AM SAFETHIS WILL PASS. IT ALWAYS DOESJUST BREATHE - IN, OUT. THAT'S ENOUGH

Repeat them slowly, even out loud if you can. Pair them with something tactile feet on the floor, hand on your chest, or naming five things you can see.

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CHAOS GREMLINS

Ah yes, the chaos gremlins — those sneaky little creatures that scatter your plans, derail your focus, and leave a trail of mental clutter wherever they go. Whether they show up in your inbox, your living room, or your brain at 3 a.m., here's how to tame them like the boss you are:

NAME THAT GREMILIN

Procrastination Gremlin – "I'll just do it later..."

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Perfectionist Gremlin – "It's not good enough yet."

Overwhelm Gremlin – "There's just too much to do."

Distraction Gremlin – "Let me just check one more notification."

Naming them gives you power over them. Think of it like casting a spell: once you say their name, you're in control.

2 CREATE A DAILY CONTAINER

Gremlins thrive in openended, unstructured time. Set a start and end to your day. Even if it's flexible, create a rhythm:

- Morning: Focus/creation
- Midday: Admin/ responding
- Afternoon: Meetings/lowfocus tasks

Even a simple to-do list with just 3 key things can put gremlins in a timeout.

DECLUTTER LIKE YOU MEAN IT

Physical mess = mental mess. Set a 5-minute timer and tackle one chaotic zone a day:

• Desk

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- Inbox
- Notes app
- Desktop folders (yes, that mess counts too)

You're not Marie Kondo-ing your life — just building small, repeatable rituals to make space.

SAY NO LIKE YOU MEAN IT

Chaos gremlins throw parties every time you say yes to stuff you didn't want to do. Try:

"That doesn't work for me right now."

"Let me get back to you on that."

"I have to protect my capacity."

Your boundaries are their eviction notice.

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BATCH THE MADNESS

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Multitasking feeds the gremlins. Try batching instead:

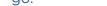
- Emails: twice a day, not all day.
- Social media: scheduled, not spontaneous.
- Appointments: stack them where possible and protect your non-appointment days like sacred ground.

BUILD A 'GREMLIN TRAP' RITUAL

At the end of each day or week, do a quick brain dump:

- What's swirling around in your head?
- What's unfinished, unclear, or bothering you?
- What's just noise?

Capture \rightarrow Clarify \rightarrow Decide \rightarrow Let



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GET YOURSELF AN ACCOUNTABILITY BUDDY

Get Yourself an Accountability Buddy

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REST IS RESISTANCE

Chaos gremlins want you burnt out — because tired brains are chaotic brains. Build in rest like it's your job:

- 10 minutes of nothing
- Walk without your phone
- A full unplugged evening once a week

This isn't lazy — it's strategy.

CHAOS GREMLIN BUSTING TOOLS

1. NOTION - YOUR DEVICE OR A NOTE BOOK TO:

- USE IT TO BRAIN DUMP, PLAN YOUR WEEK, TRACK GOALS, STORE IDEAS.
- BONUS: CREATE A "GREMLIN TRACKER" TEMPLATE TO LOG CHAOS PATTERNS AND LEARN WHAT TRIGGERS THEM.

2. TO-DO-IST / TICK-TICK - SIMPLE, SATISFYING TO-DO APPS

- USE FOR TIME-BLOCKING OR RECURRING DAILY TASKS (LIKE "CLOSE ALL TABS AT 5PM" OR "5-MIN TIDY").
- TICK-TICK ALSO HAS A BUILT-IN POMODORO TIMER IF YOU WANT TO WORK IN FOCUS SPRINTS.

3. GOOGLE CALENDAR (WITH TIME-BLOCKING)

TREAT YOUR CALENDAR LIKE YOUR BOSS BY BLOCKING OUT TIME

- FOCUS TIME (NO CALLS)
- ADMIN TIME (EMAILS, FORMS)
- CHAOS SWEEP (15 MINS AT END OF DAY TO TIDY YOUR DIGITAL/MENTAL SPACE)



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