

# LITTLE EXTRA SUPPORT

Whether you're seeking a calming strategy, looking for practical tools, or simply need someone who truly understands — Helpful Connections 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:



### PAUSE

I DON'T  
NEED TO FIX  
EVERYTHING  
RIGHT NOW

JUST  
HANDLE THE  
NEXT  
MOMENT



### REMEMBER

THIS FEELING  
IS  
TEMPORARY

I'VE  
SURVIVED  
WORSE AND  
COME OUT  
STRONGER



### SAFETY

I AM SAFE

I CAN SLOW  
DOWN.  
I HAVE  
OPTIONS



### KNOW

I'VE GOT MY  
OWN BACK

NO MATTER  
WHAT  
HAPPENS



### ONE

ONE  
BREATH,  
ONE STEP

ONE  
CHOICE  
AT A TIME  
I'VE GOT  
THIS

## COUNTING

5 things you can see,  
4 things you can touch  
3 things you can hear  
2 things you can smell  
1 thing you can taste



## TASTE

Have a eucalyptus lolly  
Concentrate on the smell and  
taste.  
Breathe deep, through your  
nose, focus on the flavor and  
your breathing.



## BREATHING

Open your hand into a star.  
Slowly trace around your  
fingers breathing in as you  
go up ...and breathing out  
as you trace your finger  
down the other side.



## PRESSURE, TOUCH, HEAVY WORK, BIG IMPACT

Tight hug or pressure on shoulders

Push a loaded trolley around  
the supermarket

Squeeze your shoulders

Take the stairs (use heavy strides)

Carry the loaded basket

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 OKAY**

**I AM SAFE**

**THIS WILL PASS. IT ALWAYS DOES**

**JUST 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.

# 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:

## 1 NAME THAT GREMLIN

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

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 open-ended, 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/low-focus tasks

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

## 3 DECLUTTER LIKE YOU MEAN IT

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

- Desk
- 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.

## 4 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.

## 5 BATCH THE MADNESS

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.

## 6 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 → Clarify → Decide → Let go.

## 7 GET YOURSELF AN ACCOUNTABILITY BUDDY

Get Yourself an Accountability Buddy

## 8 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)

