

BEFORE I CRASH OUT

SMALL
STEPS
BRIGHTER
DAYS ♥

☆
You are
capable
of more
than you
think ♥

Different
Brains
Brighter
Futures ♥

Catch it earlier. Pick one thing. Get back on track. ♥

1 NOTICE THIS STUFF

- ✓ Feeling overwhelmed
- ✓ Irritable or snappy
- ✓ Brain feels loud
- ✓ Cannot focus
- ✓ Everything feels like too much



It's a signal,
not a failure. ♥

2 PICK ONE THING

- ✓ Breathe 4 in 4 out
- ✓ Drink water
- ✓ Step outside
- ✓ Do something small



Small actions
make a big difference. ♥

3 TELL SOMEONE

- ✓ Text a friend
- ✓ Tell a trusted adult
- ✓ Ask for support
- ✓ You do not have to do it alone.



Real support
makes things lighter. ♥

4 RESET MY SPACE

- ✓ Tidy a small area
- ✓ Lower the noise
- ✓ Change the scene
- ✓ Get some fresh air



A calmer space
can help a calmer mind. ♥

5 DISTRACT ON PURPOSE

- ✓ Music
- ✓ Draw
- ✓ Watch something funny
- ✓ Do a puzzle
- ✓ Move your body



Give your brain
a happy break. ♥

6 BE KIND TO ME

- ✓ It's a hard moment not a bad life
- ✓ Progress not perfection
- ✓ I have got this
- ✓ Tomorrow is a new day.



You are doing better
than you think. ♥

Same feelings
Different paths
Brighter tomorrows ♥

BRIGHTER
THINGS
AHEAD ♥



Want to know more?
Visit leanneatkinson.ca ♥

