Overwhelm Emergency Plan

Your Personal Reset Protocol

When I'm overwhelmed, I will:

1 Stop & Breathe

STOP what I'm doing and take 3 deep breaths

2 Name It

Say out loud: "I'm feeling..."

3 Identify Non-Negotiables

What MUST happen today?

4 Ask for Help From

5 Let Go Of

Give myself permission to release:

My Emergency Contacts

People I can call when I need support

1.
2.
3.

My Self-Care Non-Negotiables

Things I need to protect my well-being

1.
2.
3.

"Overwhelm is not a character flaw."

It's a signal that you need support. This plan is your permission slip to pause, reset, and ask for help.