

Not All Stress Needs the Same Support

RECOGNIZE WHAT'S HAPPENING. CHOOSE WHAT MAY HELP.



What you do, how you do it, and when you do it - matters.

YOUR STATE	WHAT YOU MAY NOTICE	WHAT MAY HELP
3 OVERWHELMED flooded / panicked / unable to think clearly I feel unsafe. I want to escape, fix, or get away.	Panic, racing thoughts Tight chest, shallow breathing Emotionally flooded or reactive Hard to think clearly Thought: "I can't deal with this right now."	START WITH SETTLING + SAFETY Try: - Longer Exhales - Hand-on-Heart Breathing - Butterfly Tapping - Humming or Rocking - Soothing Guided Reset - Reduce noise or input for a few minutes <i>Reminder: I can slow down. I do not need to solve this right now.</i>
2 STRESSED + SWITCHED ON pressure / urgency / must-do mode I feel pressure. I need to stay on top of everything.	Your body is tired, but your mind is still planning You keep thinking about what needs to be done Tension in jaw, shoulders, body Guilty or restless when you pause Thought: "I just need to get everything done."	START WITH GROUNDING + RELEASING EXCESS ENERGY Try: - Feel both feet on the floor - Shake it out or take a brisk walk - One-Thing-at-a-Time Reset - Orient to the room around you - Short Body Scan - Write down what can wait until later - EFT or Emotional-Release Practice <i>Reminder: One step at a time. I do not need to carry it all at once.</i>
1 CALM + CONNECTED present / steady / available I feel safe enough to rest, connect, create, and receive.	Calmer breathing, softer body Clearer mind, more present More patient, open, connected Creative, grounded, at ease Thought: "I can handle this one step at a time."	USE THIS STATE TO RESTORE + BUILD CAPACITY Try: - Coherent Breathing - Visualization - Mental Rehearsal - Gratitude or Savoring - NSDR / Yoga Nidra - Creative Reflection - Meaningful Conversation or Women's Circle - Longer Restorative Practice <i>Reminder: This is where I build steadiness over time.</i>

READY TO GO DEEPER?

Join The Relaxed Leader

An in-depth 3-part training + guided practices for finding your way back to grounded & steady in real life.

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