

WHEN ANXIETY FEELS TOO BIG

You're not too much. You're just feeling a lot. And that's okay.



⚡ Anxiety is your brain trying to protect you — but sometimes it overreacts. You're not "crazy" or weak. You're human.

What Does "Overwhelmed" Feel Like?

You might notice:

- Your heart racing or chest feeling tight
- Trouble focusing or thinking clearly
- Feeling panicky, frozen, or like you want to escape
- Big emotions — crying, snapping, or shutting down

Coping Skills to Calm Your Mind & Body

🧘 Ground Yourself (Right Here, Right Now)

- 5-4-3-2-1 method:
Name 5 things you see,
4 things you can touch,
3 things you hear,
2 things you smell,
1 thing you taste
- Press your feet into the floor and take 3 deep belly breaths

🧠 Reset Your Thoughts

- Say: *"This is anxiety, not danger."*
- Remind yourself: *"Feelings are not facts."*
- Imagine your thoughts are clouds — let them float by instead of grabbing onto them

💖 Self-Compassion Reminders

- 🌿 *"It's okay to slow down. Rest is not failure."*
- 💬 *"I'm allowed to feel overwhelmed — I don't have to fix everything right now."*
- 🌈 *"This moment is hard, but it won't last forever. I can ride this wave."*
- 💖 *"Even when I'm struggling, I still matter."*

📌 You Are Not Alone

Everyone feels overwhelmed sometimes. What you're going through is valid, and it can get better. You don't have to figure it all out alone — talking to someone you trust (a friend, counselor, adult) can really help.

📺 Distract or Shift Focus

- Watch a calming or funny video
- Listen to music that matches your mood — then one that shifts it
- Doodle, color, or do something with your hands (like clay, knitting, or fidgeting)

🏃 Move to Release the Energy

- Go for a walk, dance, or stretch it out
- Do jumping jacks, run in place, or shake your arms and legs like a goofball

📞 When You Need Help

It's brave to reach out. Talk to someone you trust — a friend, counselor, parent, or teacher. You deserve support and healing.

If you ever feel in danger:

- Call 911 or go to your nearest emergency department
- Call or text 988 (Mental Health Crisis Line – U.S.)
- Crisis Text Line: Text HELLO to 741741
- Teen Link Help Line: 1-866-TEENLINK (833-6546)