

SELF-CARE TOOLS TO STOP FEELING OVERWHELMED AND REDUCE ANXIETY



It's time to stop letting
your *overwhelm & anxiety*
drive you crazy.

A guide by Valerie - Highly Sensitive Empaths

Self-Care Tools to stop feeling overwhelmed and reduce anxiety

Why Self-Care matters (especially if you're Highly Sensitive)

For highly sensitive people (HSP), daily life can feel like a **constant flood of noise, pressure, and emotional intensity**. Even joyful changes (a new job, a trip, a big decision...) can **trigger anxiety, stress or exhaustion**.

This is because **our nervous systems are more reactive**. We don't just think about stress, we feel it in our bodies. What others brush off might linger for us. That's not weakness. It's sensitivity. And it deserves care.

For HSP, **even subtle cues can trigger this survival mode** - not just in obviously dangerous moments, but also in emotionally charged situations, crowded places, or high-pressure environments. This heightened awareness is part of what makes us perceptive, empathic, and intuitive, but it also means **we need to care for our nervous systems with intention and gentleness**.

Let's begin, gently.

Self-Care Tools to stop feeling overwhelmed and reduce anxiety

What does anxiety and feeling overwhelmed look like?

An overflowing schedule, the feeling of doing a thousand things at once without ever really finishing one, the feeling of drowning in a glass of water... Perhaps you feel stressed and somewhat overwhelmed?

Feeling overwhelmed can prevent a person from thinking clearly, being present in the moment, and enjoying their everyday life. This is often accompanied by other intense phenomena, such as **anxiety, loss of control, hopelessness and confusion**. But this is not inevitable. Very often, it is up to us to take a look at our pace of life, to discover where there are gaps in our daily schedule, that lead us to this state of **chronic overwhelm**.

To remedy this problem, there are tips you can try, changes you can make in your life, and actions you can take, to better experience your emotions. By following these little routines, you will start to **feel better and no longer let stress dominate you**.

ANXIETY AND FEELING OVERWHELMED LOOK LIKE...



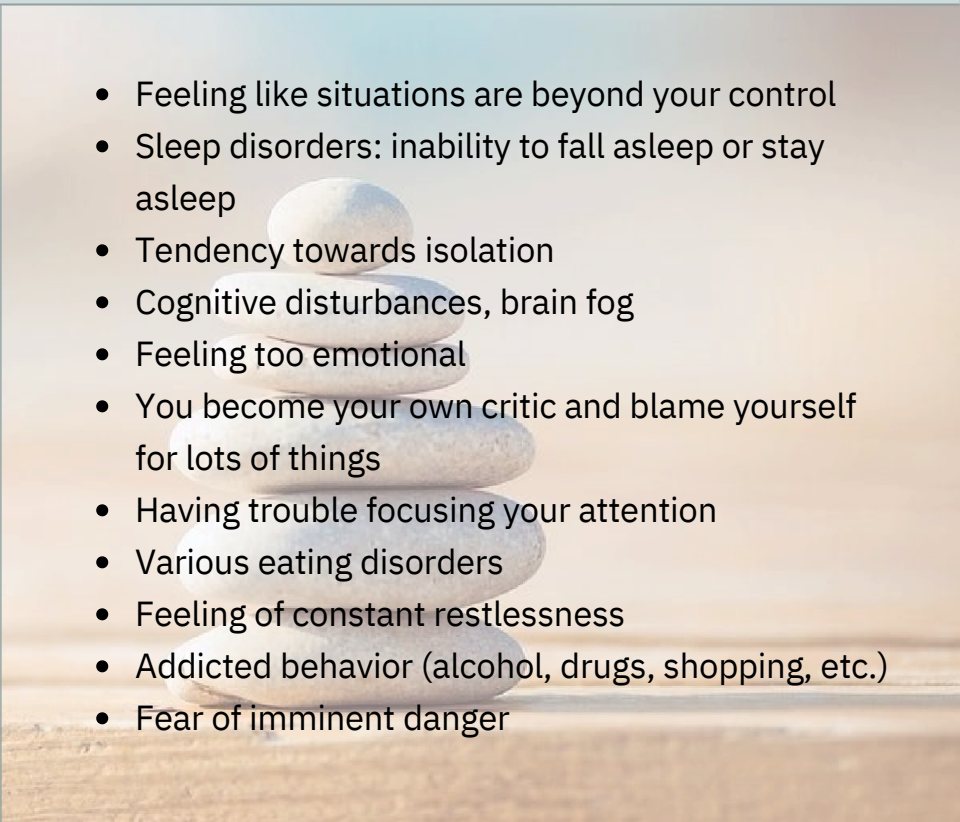
The feeling of being overwhelmed, and the anxiety that accompanies it, is delicate and can wear **many masks**.

Typically, feeling lost is due to being overstimulated by **too much noise, bright lights, or large crowds**, and having **too many responsibilities** to focus on at once.

Overwhelm occurs when **you don't have enough energy for your brain and nervous system to process** all the incoming information.

Some signs may include :

- Intrusive or obsessive thoughts
- Facing more than one problem and feeling like you can't really solve any of it
- Feeling of oppression, panic disorder, anxiety
- Physical disorders: shallow breathing, palpitations, excessive sweating, tremors, cold extremities, and many more
- Feeling like you're losing all control
- Difficulty concentrating
- Exhaustion, chronic fatigue
- Mood disorders - nervousness, bad mood, irritability, resentment or anger
- Being easily distracted

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- Feeling like situations are beyond your control
 - Sleep disorders: inability to fall asleep or stay asleep
 - Tendency towards isolation
 - Cognitive disturbances, brain fog
 - Feeling too emotional
 - You become your own critic and blame yourself for lots of things
 - Having trouble focusing your attention
 - Various eating disorders
 - Feeling of constant restlessness
 - Addicted behavior (alcohol, drugs, shopping, etc.)
 - Fear of imminent danger

HOW CAN YOU PREVENT **OVERFLOW**?

Taking care of yourself and taking some personal time is a simple recipe that does a lot of good! It sounds very cliché, but too often we feel overwhelmed because **we simply neglect ourselves**.

So yes, the lifestyle, the children, the continuous and frantic pace of “work-commute-sleep” lock us into unhealthy habits, without even realizing it. And yet, a few **small adjustments** to your daily schedule can make a difference.

Essentially, the key is to reduce the amount of stimulation you are exposed to, and release energy built up during the day. And this translates into taking **more downtime** and reducing the time spent on our screens.

Lack of sleep, busy schedules, and feeling disconnected from our needs have been proven to be **three common factors that lead to feeling overwhelmed and anxiety**.

So find relief by making subtle changes to your sleep routine, daily schedule, and self-awareness practice, are the few tools to reduce your anxiety and feelings of being overwhelmed.

Let's look at what you can do to improve your daily schedule...

START WITH SELF-COMPASSION



In order to feel balanced as more perceptive, intuitive, and sensitive people, we must believe that **our needs are valid** and value ourselves enough to prioritize those needs.

Practicing **SELF-COMPASSION** softens that inner voice that tells us we should live and be like everyone else. But to practice self-compassion, it is important to keep in mind that self-compassion is **all about good will and not good feelings.**

On the other hand, remember that although the friendly and supportive attitude of self-compassion is intended to alleviate suffering, ***we cannot always control how things happen.***

... SELF-COMPASSION



Through self-compassion, we consciously acknowledge that the moment is painful and accept it with kindness and care, while remembering that imperfection is part of the shared human experience.

So don't use the practice of self-compassion to try to make your pain go away by suppressing it or fighting against it, things will likely only get worse.

Self-compassion can be as simple as **speaking to ourselves as we would a loved one**, with a gentle tone, kind words, patience and understanding.

The next time you feel hard on yourself, try **placing a hand over your heart and gently saying:** *"This is a difficult time and it's hard, but it's okay to feel this way."*

Or **hug yourself** with love and tenderness and I guarantee that, even though the idea may seem weird and awkward, hugging has an extraordinary effect. Try! NOW! :)

SLEEP MORE AND TAKE MORE DOWN TIME



In addition to allowing yourself time to decompress and relax each day, pay special attention to your sleep and its routine.

By routine I mean not only how much sleep you get, but also the total time you need to fall asleep, get a full night's sleep, and wake up fully rested the next morning. And if you need more than 10 hours in bed, that's okay!

As a routine, I **also include the two hours before going horizontal!**

... SLEEP MORE AND TAKE MORE DOWNTIME



Avoid as much as possible a noisy environment, bright lights, stressful discussions, but also a **huge meal, excessive consumption of stimulants** (tea, coffee, etc.) or alcohol.

All this of course, without forgetting your time in front of a screen (TV, telephone or computer). **Electronic screens reflect blue light** which stimulates the retina, disrupts sleep by slowing the secretion of melatonin and creates a feeling of excitement in the brain.

... SLEEP MORE AND TAKE MORE DOWNTIME



To help you fall asleep, you can also use the good old grandmother's remedy: an infusion of **chamomile** leaves! The active ingredients in chamomile provide many benefits, including fighting insomnia. So before sleeping, drink a cup of chamomile to sleep like a baby. I also love the ayurvedic infusion **Tulsi**.

By making your sleep and the routine around it a priority, you will feel more relaxed, focused and productive throughout the day.

PRIORITIZE YOUR DAILY SCHEDULE



Putting your mental, emotional, spiritual, and physical health first (in other words, taking care of yourself) is key if you want to feel good overall.

Practicing a self-care routine can help you overcome life's challenges (like having too much to manage). This routine can be practiced alone or with the support of a community.

So take a few minutes at the start of each day to look at your to-do list, and zoom in on the essentials.

Ask yourself: **“What do I really need to do TODAY?”**.

Prioritize these tasks and forget the rest until the next day. But of course, don't put off really essential things until tomorrow that could stress you out even more if you didn't do them.

... PRIORITIZE YOUR DAILY SCHEDULE

Just really ask yourself if it's a priority, and test yourself on little things.

*"Is it vital that I tidy my wardrobe today?
Is replying to Aunt Gina's message really
necessary?"*

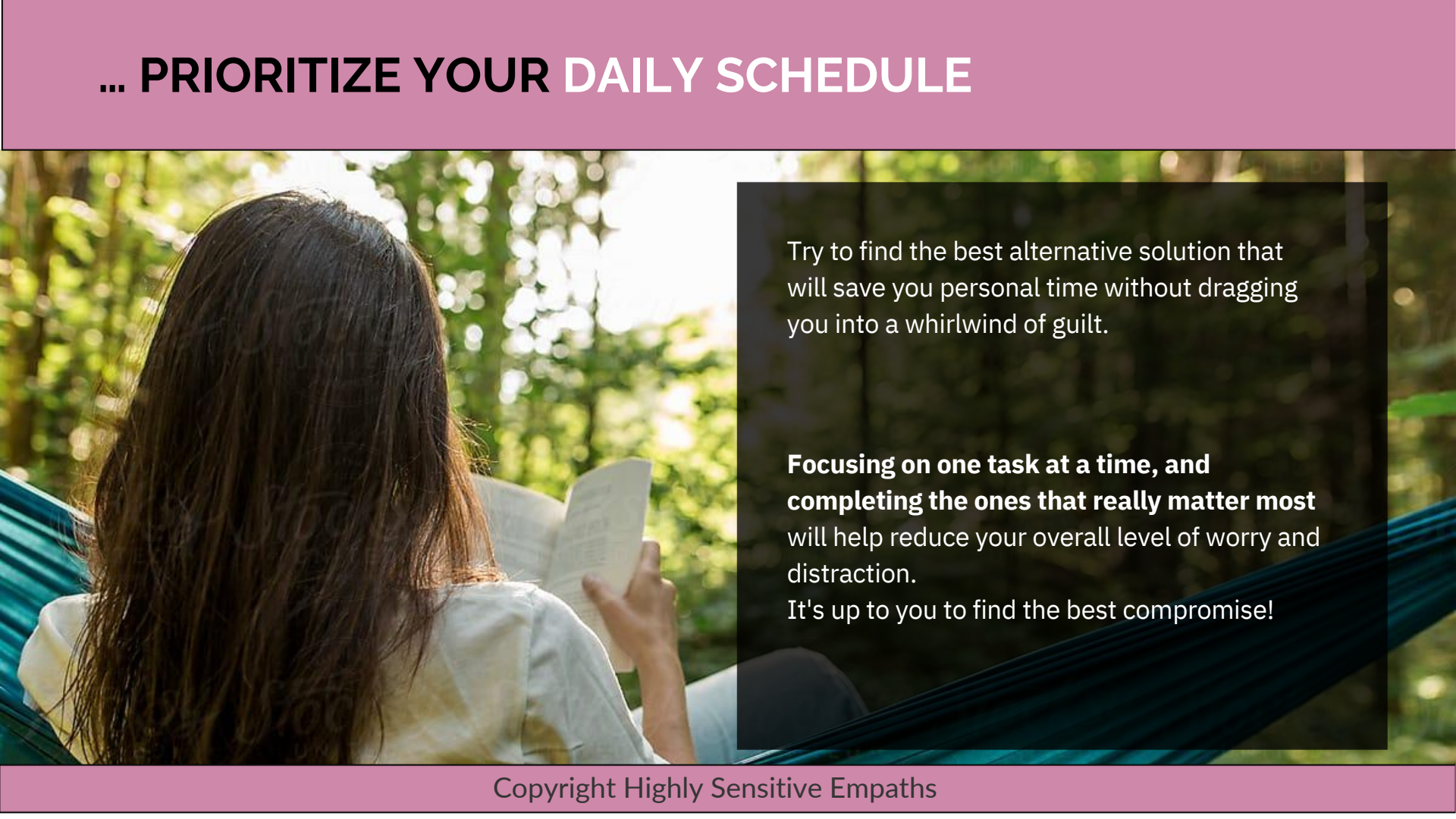
*Will not picking up the sweater I left at my
neighbor's house keep me from sleeping?"*

Be careful, however, of the effects of postponing your tasks until the next day has on you. Monitor the feelings and state of mind it gives you.

If you feel guilty and ruminate that you didn't do this or that thing, it won't be beneficial at all, on the contrary it will cause you more stress.



... PRIORITIZE YOUR DAILY SCHEDULE

A person with long dark hair is seen from behind, sitting in a blue hammock and reading an open book. The background is a lush green forest with sunlight filtering through the trees, creating a bokeh effect. The scene is peaceful and suggests a moment of relaxation and personal time.

Try to find the best alternative solution that will save you personal time without dragging you into a whirlwind of guilt.

Focusing on one task at a time, and completing the ones that really matter most will help reduce your overall level of worry and distraction.

It's up to you to find the best compromise!

PRATICE MINDFULNESS REGULARLY



Take 30 seconds to take a break between each activity or whenever you feel overwhelmed.

Close your eyes, feel your feet on the floor, your body in your seat, and take seven slow, deep breaths.

Inhale through your nose and exhale with your lips slightly parted (as if you were blowing out a candle).

This slows your breathing and activates a calming response.

MINDFULNESS 5-4-3-2-1

There is another mindfulness technique that is very effective, that I love, and that I invite you to try. It's a coping technique for anxiety that is simply called: 5-4-3-2-1. This technique asks you to pay close attention to your surroundings for a few seconds and find:

- five things you can see
- four things you can touch
- three things you can hear
- two things you can smell
- one thing you can taste

Using it when you're anxious will help you **calm down and reduce your feelings of anxiety.**

You can complicate this exercise a little by looking for five red things, for example. For the exercise of listening and smell, you can of course close your eyes, as for the exercise of taste, try to find the taste of the food that you have within sight, in your mouth.

This exercise is absolutely fantastic, yet it only lasts a few seconds, but for that short moment, **you are truly present** and focused on things other than your thoughts.

... PRATICE MINDFULNESS REGULARLY



Mindfulness practices are a helpful way to check in on your needs and self-soothe when you're feeling anxious, upset, or overstimulated. It would be a great pleasure for me to share more of these many techniques that really make a difference when applied on a daily basis, and especially in critical moments.

Do not hesitate to contact
me and et [book a call](#) !

MEDITATE...

Meditation has changed my life, and has become my anchor in difficult times. Thanks to meditation, I went through trials with much more serenity. So I am convinced that if meditation has transformed my daily life, it could certainly change yours!

Now to put the clichés to rest and dust off the concept about meditation, I felt inspired to affirm and confirm that no matter what meditation technique you choose.

Ultimately, the most important thing is really to take that break for yourself, daily (if possible). All the different types of meditation use the same areas of our brain, and all have unsuspected benefits, both on our body and on our mind

Now let me convince you in my own way, by listing all the reasons to start meditating today

10 REASONS TO MEDITATE

- #1 – Meditating reduces stress
- #2 – It helps us better manage our emotions
- #3 – It brings self-confidence
- #4 – It opens us to others
- #5 – It makes the mind clearer
- #6 – It boosts creativity
- #7 – It improves attention and concentration
- #8 – It helps combat depressive symptoms
- #9 – It has a positive impact on our health
- #10 – It makes our daily lives better



... MEDITATE

Looking through this non-exhaustive list, we almost have the impression that meditation is the magic thing that can change everything. And it's not wrong! But practicing meditation is like everything in life; you also need a clever mix of determination and rigor. But it's definitely worth it.

I can't say it enough, but regular meditation can really change your life for the better. If you want to know more, read the article “10 good reasons to start meditating” on the blog, or come practice with me!

So, when do we start? ;)



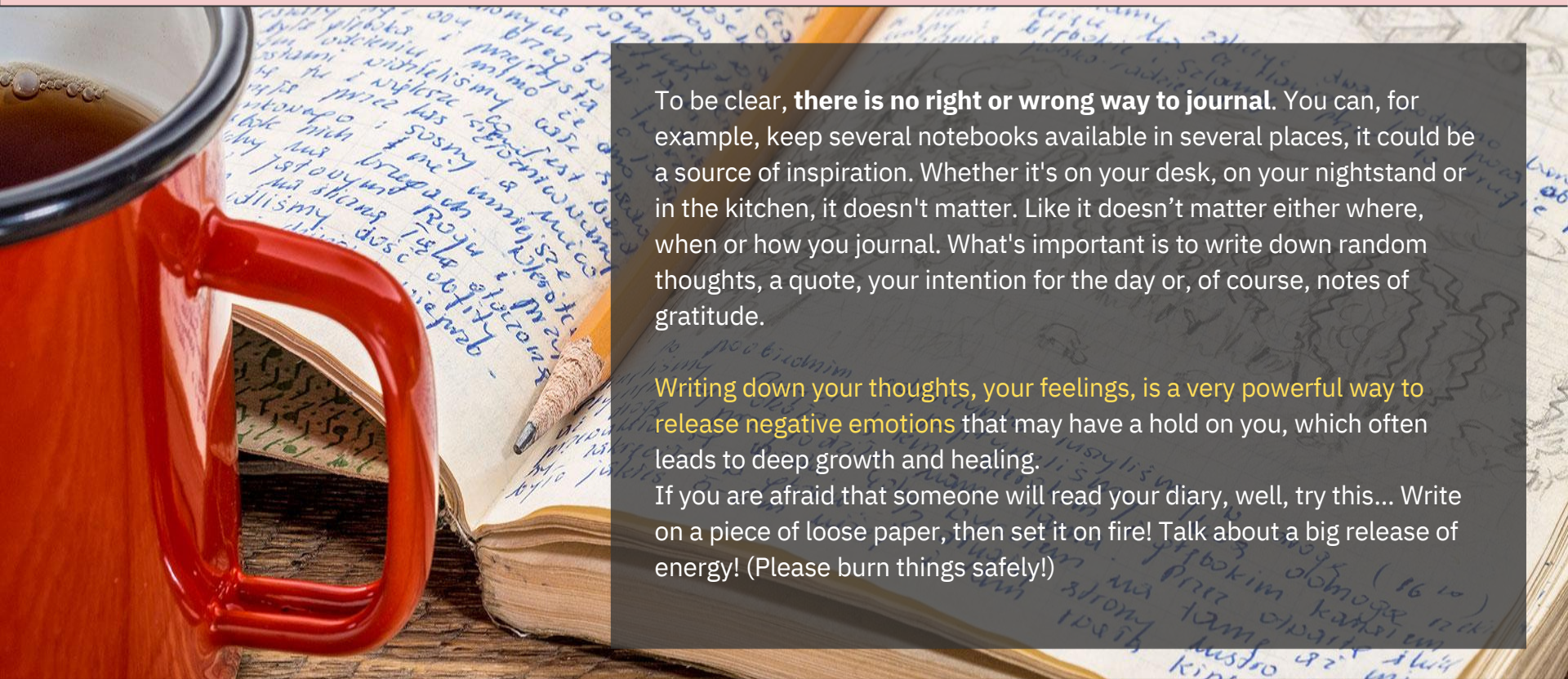
KEEP A JOURNAL



When we talk about journaling, we're talking about **keeping track of what's going on in your life** (and in your head!) while also taking time to reflect intentionally. It is an activity that represents a space and structure to note how we feel and establish goals or alternative ways of reasoning.

Keeping a journal does not necessarily mean serving as a record of what you did on a daily basis. And it absolutely does not have to be a forced action every day either; this could be every three days, or just whenever the mood strikes you.

KEEP A JOURNAL



To be clear, **there is no right or wrong way to journal**. You can, for example, keep several notebooks available in several places, it could be a source of inspiration. Whether it's on your desk, on your nightstand or in the kitchen, it doesn't matter. Like it doesn't matter either where, when or how you journal. What's important is to write down random thoughts, a quote, your intention for the day or, of course, notes of gratitude.

Writing down your thoughts, your feelings, is a very powerful way to release negative emotions that may have a hold on you, which often leads to deep growth and healing.

If you are afraid that someone will read your diary, well, try this... Write on a piece of loose paper, then set it on fire! Talk about a big release of energy! (Please burn things safely!)

EXAMINE YOUR FEELINGS USING A BRIEF QUESTIONNAIRE



Being in the dark can sometimes feel like events are spiraling out of control. This loss of control can also cause reactions of concern, worry, fear, anxiety and many other feelings. Understanding the impact these emotions have on you, and finding ways to get support related to them is crucial.

You can take the **questionnaire below** to guide your thinking about anxiety and the feeling of being overwhelmed that you are feeling at the moment. This will help you reflect on your feelings in real time, determine your boundaries, and discover what helps, and decide the next steps right for you.

QUESTIONNAIRE...

Over the past two weeks:

How many times have you felt nervous, anxious or on edge?

How many times have you not been able to stop or control your worrying?

How many times have you been too preoccupied with different things?

How many times have you had trouble relaxing?

How many times have you been so agitated that it was difficult to stay still?

How many times have you become easily upset or irritable?

How many times have you been afraid that something horrible would happen to you?

Now think about your answers, they contain all the clues about your emotional, physical and probably mental state. Draw objective conclusions, and impose changes on yourself, like all those we have mentioned before.

COLOR TO RELAX AND TO GET OUT OF YOUR MIND :)



Anti-stress coloring pages for adults have invaded bookstores. They promise to help us **express our creativity and our emotions**, but also to provide us with an unparalleled **moment of relaxation**.

Coloring allows us to mentally distance ourselves from anything that makes us feel like we have too much on our shoulders, and can help us take a step back.

Mindfulness exercises like drawing or coloring are activities known to help us take care of ourselves, **reduce stress**, and **focus on the present moment** in a creative and positive way.

... COLOR TO RELAX

Among the benefits of coloring, I have chosen the five main ones, and they are significant.

1. Express your creativity

There is no doubt that by personalizing a drawing with this or that color chosen according to their mood, their taste or their sense of harmony, the "colorist" expresses their creativity. Coloring can even **help those who feel inhibited to create**. Quite simply because with this activity, the blank page syndrome no longer exists. In addition, putting colors on a black and white support, initially, is a way of reviving the existential flavor of things. Then it is also a way of **introducing poetry into everyday life**, necessary to revitalize us, and allow us to escape the gloomy daily life. As we live in a society stuck to reality and screens, an activity like coloring meets our need for imagination and manual creativity.

2. Clear your head

Coloring also has, according to art therapy specialists, undeniable **soothing virtues**. And I can confirm it. ;) Concentrating on a single activity **allows us to break away from the zapping** to which we are subjected for a large part of the day. This works other areas of the brain. In the same way that children, when learning to read and write, do elaborate coloring in order to 'rest' their heads, they find real relaxation in it.

... COLOR TO RELAX

3. Rediscover a bit of childhood

And who doesn't want that? Taking out your box of pencils also brings back childhood emotions. Coloring acts a bit like Proust's madeleine, we **reconnect with spontaneous, "refreshing" sensations and emotions.**

4. Log out

The benefits of coloring also come from the fact that it allows you to **disconnect from the outside world.** Isolating yourself to color means making an appointment with yourself, finding a slot in your routine to treat yourself to this moment of relaxation. Although it is easier to color at home, nothing prevents you from taking this break at the office at lunchtime, in a café, with friends, in a public garden, in a room waiting...

5. Meditate, or almost

The fact of being in a "here and now", of letting your thoughts flow without stopping, of forgetting yourself while being fully aware of the colors that you apply, the lines that you follow... **can be compared to a form of meditation.** Particularly with mandalas, these circular designs which converge towards a center. By coloring them, the hand and the mind make a movement going from the outside to the center: this establishes **a kind of dialogue between the inner self and the external world** for adults.

... COLOR TO RELAX



So take a break and relax with a coloring book for adults, there are some really cool ones!

My advice for choosing your coloring carefully.

Whatever the level of difficulty of coloring, the benefits are a priori identical... The only precaution to take is to evaluate your attention to detail: **do not take drawings that are too complicated at the risk of losing patience.**

PS: To benefit from the soothing virtues of coloring, the ideal is to do it regularly, one to three times a week.

INHALE... EXHALE...



Certain breathing methods can have a surprisingly big impact on how you feel. Taking deep, slow breaths when you need them, can **promote calm** when too many emotions are rushing around.

Breathing exercises can allow your thoughts to **focus on one thing** (breathing), while letting other thoughts and feelings go slower for a few minutes (and not spill over).

You might be surprised how well it works when your mind is racing!

WRITE DOWN YOUR CONCERNS, THEN PUT THEM AWAY.

People often become stressed when they feel overwhelmed by events: they worry about the unknown, what to do, who to turn to, and they are in a **vicious cycle of rumination and obsessive thoughts**. Creating space away from what's bothering you, can help you **release negative emotions**, and deal with being overwhelmed right now (and if/when it happens again).

If you **write down your anxieties** somewhere, you can always come back to them later, when you feel more emotionally stable! It's an exercise somewhat similar to journaling, but it is specific to your worries and your anxieties.

This allows you to evacuate them, put words to them, then let them have their way without spending any more time on them. It's like a temporary escape that sometimes also allows you to take a step back and de-dramatize any situation that seemed unmanageable to you. You can thus **move from a very subjective and negative state of mind** (in crisis), to a more calm, objective, constructive state, and become open to positive possibilities.

TO WRAP UP...

Let's be real: there are times in life when we feel overwhelmed. Whether it's with work, school, social obligations, or just life in general, we all feel overwhelmed, anxious, or stressed at some point. It's important to give yourself grace when you experience these feelings. Try not to ignore them, and not to overcome what makes you anxious by any means: **your mental health is important**, and if you feel pressure, understand that you can take a step back, and use the few tools I have given you to face these difficult times.

Remember that the feelings you experience are temporary and with the right coping mechanisms and support, you can take care of yourself when things feel overwhelming.

WITH ALL OF THIS IN MIND...



If you need more inspiration or help to stop feeling overwhelmed, if you wish to receive support tailored to your concerns and the problems you are facing,

BOOK A CALL

and let's work together!

I will tailor a personalized program for you and your specific needs.

And remember... Be YOU... Always!

**If you have any
questions, hit the
button and I'll be
happy to connect.**

Warmly, Valérie

