

# 5 Quick Stress Relief Activities for Feelings of Overwhelm

## 1. The “One Thing” Rule

When everything feels like too much, ask: What’s the one most important thing I can do right now? Do that first. Momentum builds from small wins.

## 2. Write It Down

Grab paper or your phone and make a brain dump — no order, just everything on your mind. Getting it out of your head onto paper frees up mental space and reduces the swirl of thoughts.

## 3. STOP! And Breathe

If you are in a safe place to stop, close your eyes and say STOP! Envision a stop sign and spell it out. Inhale the S, pause on the T, exhale the O, pause the P.

## 4. Box Breathing

Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Picture drawing a square with your breath. This technique lowers stress quickly and helps your brain reset.

## 5. Ground Yourself in the Present

Look around and name five things you can see, four things you can touch, three you can hear, two you can smell, and one you can taste. This interrupts the “what ifs” of overwhelm.

## 6. Ask for Help or Delegate

Overwhelm often comes from trying to carry everything alone. Hand off one task — whether it’s asking a partner to cook dinner, a coworker to take a small project, or a teen to help with chores.

