

A LETTER FOR YOU

A Letter for When Everything Feels Like Too Much

Dear you,

When everything arrives at once, it can be hard to know where to begin. You do not have to solve the whole day before you are allowed to pause. Feeling overwhelmed is not proof you are failing or that you do not care.

Try making the next step smaller. Put both feet on the floor, take a sip of water, or name just one thing that needs attention now. If choosing is too much, you can ask someone: "I'm overwhelmed. Could you help me work out what can wait?"

Some things may need to wait; some may need help from another person. Rest is not a failure to keep up. A pause can give you a little room to see what matters next.

You only need to meet this moment as it is. When you are ready, one small step can be enough.

With care,