



DATE: _____

When Everything Feels Too Much

A gentle check-in to help you pause, breathe and take one small step forward.



Three Questions to Ask Yourself

1. What feels like the heaviest thing right now?
2. What is one thing I can let go of today?
3. What is one small thing that would help me feel just a little lighter?



One Breath

Breathe in for 4 • Hold for 4 • Breathe out for 6

Repeat three times, noticing your shoulders soften as you exhale.



One Grounding Idea

Look around and quietly name:

- | | |
|---|---|
| ☐ 5 things you can see | ☐ 2 things you can smell |
| ☐ 4 things you can touch | ☐ 1 thing you can taste |
| ☐ 3 things you can hear | |



One Tiny Act of Self-Care

Choose one small act of kindness for yourself today.

- | | |
|--|---|
| ☐ Drink a glass of water | ☐ Stretch your body |
| ☐ Use Your Favourite Doterra Oil | ☐ Listen to one favourite song |
| ☐ Step outside for 5 minutes | ☐ Rest without feeling guilty |
| ☐ Choose something special: _____ | |



What Reduced My Load Today?

(Writing space or a large thought bubble)

Gentle Reminder

Triggers are not weaknesses. They are often your mind and body trying to protect you based on past experiences. Becoming aware of them is an important step towards healing.

Need Extra Support?

If this worksheet brings up difficult emotions, pause and reach out to someone you trust or a qualified mental health professional.

For more 101 Emotions products head my Etsy shop www.101emotions.etsy.com