

**A REUSABLE WORKSHEET**

Overwhelm Reset Worksheet

A reusable worksheet for stress, anxiety, panic-like overwhelm, or emotional overload.

Use this worksheet when you feel overloaded, anxious, panicked, emotionally flooded, or unable to think clearly. The goal is not to solve everything. The goal is to come back into enough capacity to choose the next contained step.

Before I begin:

- I am physically safe enough to pause.
- I am not driving or doing something that requires full attention.
- I can give myself 5 to 10 minutes.
- I understand this is not therapy, medical care, or crisis support.

If I am in immediate danger, having thoughts of harming myself or someone else, or experiencing a medical emergency, I will stop and contact appropriate support.

1 NAME THE LOAD

List the main balls in the air. Keep each one short. Score each from 0 to 10.

Load Item / Situation	Stress 0-10

The load I am choosing for this reset is:

2 LOCATE THE BODY SIGNAL

When I think about the selected load, I feel it in:

- | | |
|------------------------------------|---------------------------------------|
| <input type="checkbox"/> Chest | <input type="checkbox"/> Head |
| <input type="checkbox"/> Throat | <input type="checkbox"/> Hands |
| <input type="checkbox"/> Stomach | <input type="checkbox"/> Legs |
| <input type="checkbox"/> Jaw | <input type="checkbox"/> Whole body |
| <input type="checkbox"/> Shoulders | <input type="checkbox"/> Other: _____ |

The sensation feels like:

- | | |
|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Tight | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Hot | <input type="checkbox"/> Restless |
| <input type="checkbox"/> Cold | <input type="checkbox"/> Sharp |
| <input type="checkbox"/> Heavy | <input type="checkbox"/> Hollow |
| <input type="checkbox"/> Buzzing | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Pressure | |

Starting intensity:

- 0
 1
 2
 3
 4
 5
 6
 7
 8
 9
 10

When I gently close my eyes, the sensation gets:

- | | |
|---------------------------------|--|
| <input type="checkbox"/> Better | <input type="checkbox"/> Same |
| <input type="checkbox"/> Worse | <input type="checkbox"/> I prefer to keep my eyes open |

3

ANCHOR IN THE PRESENT

For 60 to 90 seconds, let the sensation be there without trying to fix it. At the same time, notice what is true right now.

Present anchors:

- My feet are on the floor.
- The chair or ground is supporting me.
- I can feel my breath moving naturally.
- I can name one steady object in the room.
- I can let thoughts be “story” and return to sensation + anchors.

The story that showed up was about:

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Work | <input type="checkbox"/> Self-criticism |
| <input type="checkbox"/> Money | <input type="checkbox"/> A memory |
| <input type="checkbox"/> A person | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> The future | |

No analysis right now. Label it “story” and return to the body and the room.

4 CHECK THE SHIFT

Take one slow belly inhale. Let the exhale be long and unforced. Repeat once.

Current intensity:

0 1 2 3 4 5 6 7 8 9 10

What changed?

Think of the original stressor for 10 to 15 seconds. Felt reaction now:

0 1 2 3 4 5 6 7 8 9 10

What do I notice now?

If the intensity is still 7 or higher, I will not force it. I can:

- Repeat a shorter dual-awareness cycle.
- Pause and recover.
- Reach out for support.

5 CHOOSE THE NEXT CONTAINED STEP

When I stayed with the feeling and stayed present, I noticed:

Three horizontal lines for writing notes.

The next smallest grounded action is:

A horizontal line for writing the next smallest grounded action.

What I do not need to solve right now:

A horizontal line for writing what is not needed to solve right now.

I will restore capacity by choosing one:

- Sit quietly for 5 to 10 minutes.
- Take a slow walk without phone.
- Drink water.
- Eat something simple with protein.
- Stretch neck, shoulders, or hips.
- Step away from screens.
- Text or call a grounded person.
- Do nothing for a few minutes.

I do not have to solve everything from a flooded state.