

When it's all a bit much

a small guide to help you through the moment



Come sit here and rant for a minute!

No need to make sense of it yet. Just tell me what happened...

So what's going on inside?

Upset? Overwhelmed? Angry? Frustrated? Hurt? Something else?

What do you feel like doing right now?

Scream? Cry? Walk away? Slam a door? Snap? Or else...

When it's a lot, we need to get it out. But we don't want to hurt ourselves or someone else along the way, right?

What do you need right now ?

Choose one or both

Ground

Look around and tell me...

3 things you see

2 things you smell

1 thing you feel

Calm

Breathe with me...

Breathe in and count 1-4

Breathe out and count 1-8

Repeat 3-5 times

How do you feel now?

Same? A little better? Not sure...

Looking back from the beginning, do you understand a little better what made you feel that way?

Maybe you do. Maybe you're still not quite sure. And... that's OK!

It was a hard time. You felt what you felt and you did what you could with it. Don't forget to be a little gentle with yourself. Take what makes sense to you from this moment and decide what you want to do with it when you're ready.

Take care

Ducky Mommy

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