



The ME Wellness Pause™

When Life Feels Like Too Much

A Five-Step Practice for Overwhelming Moments

www.mewellnesscoaching.com

Welcome

When Life Feels Like Too Much

Try this simple practice to help you through overwhelming moments.

When life feels like too much, your mind and body can begin to treat everything as urgent. The ME Wellness Pause is a simple practice that helps you slow the urgency, create a little space to think more clearly, and decide what matters most right now.

There are moments when everything feels important.

Your mind races from one thought to the next. Your emotions feel bigger. Even small decisions suddenly feel overwhelming.

In those moments, it's easy to believe you need to figure everything out right now. But you don't.

Sometimes your mind and body are simply responding to stress the way they were designed to.

When life feels uncertain, busy, or emotionally demanding, your nervous system can shift into a protective mode—often called the fight, flight, or freeze response. This response isn't only triggered by physical danger. It can also be activated by uncertainty, grief, caregiving, major life transitions, conflict, or simply feeling like everything needs your attention.

Your heart may race.

Your muscles may tighten.

Your thoughts may speed up.

You may even notice you're holding your breath without realizing it.

Your body is trying to protect you.

Before trying to solve every problem, give yourself a few moments to reconnect with yourself.

You are capable—even when the world feels like it's against you.

You just need to pause.

These five steps can help settle the urgency, clear some mental space, and help you decide what matters most.

You don't have to do them perfectly.

You don't even have to do all five every time.

Think of them as five gentle ways to help slow the noise and think more clearly.

Step 1. Find What Feels Good

Before trying to change anything, simply notice your body.

When we're overwhelmed, our attention naturally goes to what feels uncomfortable. Instead, gently look for what already feels okay.

Ask yourself:

- Can I feel my feet on the floor?
- Can I feel my back supported by the chair?
- Are my hands resting comfortably?
- Is there one part of my body that feels relaxed—or at least neutral?

You don't need your whole body to feel calm.

Simply notice one place that already feels steady or supported.

Rest your attention there as you begin noticing your breathing.

Don't change your breathing. Just notice it.

- Is my breathing fast or slow?
- Am I holding my breath?
- Where do I notice my breath the most?

Simply noticing your breath often helps your body begin to settle.

If it feels comfortable, tell yourself to slow your breathing down, allow your next exhale to become just a little longer than your inhale.

There's no need to force deep breathing.

Sometimes the smallest change is enough.

Coach's Corner

When we're overwhelmed, our attention naturally goes to what's uncomfortable. By noticing one part of your body that already feels steady or supported, you're gently reminding your brain that not everything is wrong. Sometimes that's enough to create a little space for clearer thinking.

Step 2 — Notice Your Environment

Now that parts of your body are feeling calm, let's focus on your mind. When our minds are overwhelmed, they often jump ahead to everything that might happen next, what happened yesterday, and what is not happening at all.

Your surroundings can bring you back to what is happening right now.

Take a slow look around.

Ask yourself:

👁️ What can I see?

👋 What can I touch?

👂 What can I hear?

👃 What can I smell?

👄 What can I taste?

As you notice your surroundings, your attention naturally shifts away from racing thoughts and gives your brain a moment to pause.

You don't have to force yourself to stop every thought. Your senses will do that for you.

You're simply reminding your brain,

"This is what is happening right now and I am okay."

Coach's Corner

Your brain can't fully focus on your surroundings and every "what if" at the same time. Looking around isn't about distracting yourself—it's about helping your mind reconnect with the present moment so I can think more clearly.

Step 3. What Can I Let Go Of?

Get It Out of Your Head

When we're overwhelmed, we often carry things that don't belong to today.

Some thoughts are simply worries.

Some are things we wish we could control.

Some are expectations we've placed on ourselves.

Ask yourself:

What can I let go of, even for today?

Maybe it's...

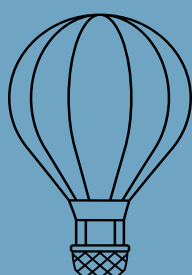
- Trying to have all the answers.
- Worrying about something that hasn't happened.
- Feeling responsible for everyone else's emotions.
- Expecting yourself to do everything perfectly.
- A conversation that keeps replaying in your mind.
- Something outside of your control.

Imagine placing those thoughts in a hot air balloon and watching them float away.

Right now you want to let go of thoughts that are not serving you well so that you can make room for what matters today.

When a thought returns, gently remind yourself:

"Put that in the hot air balloon."



Coach's Corner

Letting go doesn't mean you don't care. It simply means you're choosing not to carry something that isn't helping you at this moment.

Step 4. What Can Wait?

Get It Out of Your Head

Now look at everything that's still on your mind.

Ask yourself:

What is important... but doesn't need my attention right now?

Some things simply need a place to wait. **They are worries for another day.**

Imagine placing those thoughts on a shelf for later.

You aren't ignoring them.

You're choosing when to come back to them because they are not serving you well now.

When a thought returns, gently remind yourself:

"Put that on the shelf."



Coach's Corner

Everything may feel urgent, but everything rarely is. Giving your mind permission to wait can create space for clearer thinking.

Want to Go a Little Deeper?

If you find yourself carrying the same thoughts over and over, writing them down can help create even more mental space.

The A Place for Your Thoughts Journal was created to help you sort through your thoughts, decide what truly needs your attention, and give yourself permission to set the rest aside until you're ready.

Available at ME Wellness.

Step 5. What Do I Need Right Now?

Now ask yourself one simple question.

What do I need today?

Make sure you choose something in your control and realistic. When I ask this question in coaching sessions I often hear, “I need to win the lottery.” or “I need to have all this go away.” Many times we can’t relieve our stressor that quickly. Instead we want to focus on what can help you now during the stressful moments.

Maybe you need to:

- Drink some water.
- Eat something nourishing.
- Rest.
- Take a short walk.
- Step outside.
- Ask for help.
- Write down a plan.
- Sit quietly for a few minutes.
- Do one small task.

Sometimes what we need most isn't a perfect solution.

It's simply the next helpful step.

Choose what you need—not what you think you *should* do next.

Coach's Corner

When you quiet the noise, the next step often becomes much easier to see.

Before You Move On....

Take one last pause.

Ask yourself:

What is going well today?

It doesn't have to be something big.

Maybe...

- You caught every green light.
- Traffic was lighter than usual.
- Someone smiled at you.
- Your coffee tasted especially good.
- You found a great parking spot.
- You laughed.
- You finished one task.
- A difficult conversation went better than you expected.
- You received an encouraging text.
- You simply made it through a hard day.

Some of these things happen because of your choices.

Some simply happen.

Both count.

Coach's Corner

When we're overwhelmed, our brains naturally pay more attention to problems than to what is going well. It's one of the ways our minds try to protect us. Asking, "What's going well?" gently shifts your attention to the whole picture. You're not ignoring what's difficult—you're simply reminding yourself that even on hard days, good things are still happening.

Notice them.

Let them count too.

Want to Keep the Good Going?

One of the most powerful habits you can build is noticing what is going well—even on difficult days.

If you'd like to make this part of your daily routine, the **What's Going Well Journal** provides simple daily prompts to help you recognize the good that often goes unnoticed.

Sometimes the smallest moments become the ones that change our perspective.

Available at ME Wellness.

The More You Practice...

The first time you use these five steps, you may want to work through each one slowly.
Over time, you'll begin to recognize the pattern.

You might notice yourself thinking,

"I'm holding my breath."

Or...

"That can wait until tomorrow."

Or...

"What do I actually need right now?"

Without even realizing it, you'll begin moving through these steps in your head.

Some days you'll use all five.

Some days you'll only need one or two.

Sometimes you'll simply notice your feet on the floor, realize you've been holding your breath, and know exactly what you need next.

That's the goal.

Not perfection. **Practice.**

Like any skill, these steps become more natural the more you use them.

The ME Wellness Pause Card™

When life feels like too much, ask yourself...

☐ **What feels good?**

Find where your body feels grounded. Notice your breath.

☐ **What is around me?**

Notice what you can see, touch, hear, smell, and taste.

☐ **What can wait?**

Let go of what you can't control. Set aside what can wait. Keep what's important now.

☐ **What do I need?**

Choose one small thing that would help today.

☐ **What's going well?**

End with one thing, however small, that's good right now.

* Take a screenshot or print out this Pause Card and keep it somewhere you'll see it often. With practice, these five questions will become second nature, helping you find your next step whenever life feels like too much.

Reminders

You do not have to fix everything today.

You don't have to make every decision today.

You don't have to carry every worry today.

Rest is productive.

Feeling overwhelmed does not mean you aren't capable.

Small steps still count.

Clarity often comes after we slow down.

About ME Wellness

Preparing you for life's hardest transitions. Supporting you every step of the way.

ME Wellness creates practical Playbooks, Audio Guides, journals, courses, and coaching programs to help you prepare for and move through life's hardest transitions.

Whether you're navigating an empty nest, caregiving, grief, pet loss, retirement, or another challenging change, you'll find practical tools, compassionate guidance, and support every step of the way.

Explore the full collection.

Start your next step at: www.mewellnesscoaching.com

Bonus Journaling Prompts

Use these anytime you need additional clarity.

What has been taking up the most mental space lately?

What am I trying to hold all at once?

What would feel supportive right now?

What can wait until later?

What do I need more of?

What do I need less of?

What helps me feel calm or grounded?

What would gentle step forward look like?

The ME Wellness Pause™

A Five-Step Practice for Overwhelming Moments

© 2023 ME Wellness. All rights reserved.

Mental and Emotional Wellness - ALL RIGHTS RESERVED

Mental and Emotional Wellness Coaching services are for educational purposes only and does not replace medical or mental health services, such as therapy or psychiatric care. If you are in need of medical attention or experiencing symptoms of a mental health disorder please consult with a licensed healthcare provider or therapist. You can find a provider using our award-winning affiliate partner [Brightside Health](#).



www.mewellnesscoaching.com