

## Dealing With Overwhelm

### Two aspects to overwhelm:

- A strong emotion/feeling that the quantity or intensity of some thing or things is too high
- A resistance or avoidance to take action

## Tools to support through overwhelm

Overwhelm causes a feeling of lack of control, and sets off our flight / fright / freeze response.

We need to remind our nervous system that there is no threat.

Ways to do that include:

- **Exercise**
- **Laughter**
- **Mindfulness / Grounding**

An example of a **mindfulness technique** you can use with your staff or students:

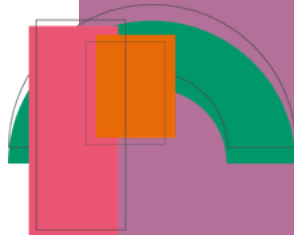


### The Owl Technique

Breathe – out for longer than in

Focus on your feet

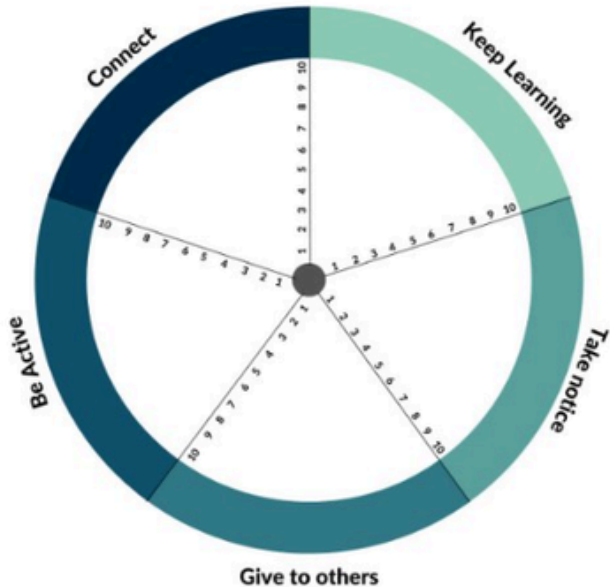
Look all around you



## Wellbeing Wheel

### Wellbeing Wheel

1. **Connect** with people around you
2. **Keep learning** and trying new things
3. **Take notice** and be present
4. **Give** to others
5. **Be active** in whatever way feels right



### How would this tool be used?

We use this in **Overwhelm workshops** - and ask participants to **score themselves out of 10** for each area of the wheel.

- What areas are they doing best in?
- Which require more attention?
- What's one action you could take to boost a section this week?

**Get in touch today to discuss how we can help reduce overwhelm in your team**

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