



Kia Ora, Bula & Hello!

You've undoubtedly heard the word 'overwhelm' and you're likely to have experienced it, even if you weren't aware that's what was going on. When you feel like there's no space left in your head to take on new thoughts, your mind is racing and you can't quiet it, you don't know what to tackle next, or you're on an edge and just can't seem to relax, you could be experiencing overwhelm. It's common, it's widespread, and, fortunately, there's plenty you can do about it.

[Read full blog on our website](http://www.raisementalhealth.co.nz/coping-with-overwhelm) - www.raisementalhealth.co.nz/coping-with-overwhelm.

5-4-3-2-1 Grounding Technique

When things feel like they're getting on top of us it can really help to divert our attention and give our mind a break. The 5-4-3-2-1 grounding technique is designed to help calm us when we're experiencing stress and anxiety – both of which can cause overwhelm! Based on using our five senses one at a time, this technique can help calm us and distract our mind from what is causing our feelings of overwhelm; leaving us in a better frame of mind to think clearly about what to do next.

- 5** Take a look around and name FIVE things you can see. As you name each, observe something really specific about it (e.g., that flower fades from dark pink into the palest pink in the middle; the surface of the spacebar on this keyboard is smooth from where I've tapped it so many times).
- 4** Notice and touch FOUR things close to you. If you can, pick them up. Feel the weight of them in your hand and the texture beneath your fingers - is it smooth, rough, soft, hard. Touch also includes the sensation of things you can feel, like the sunshine on your skin, the fabric of the clothes you're wearing, the weight of a blanket on your body.
- 3** Listen out for the sounds around you. Identify THREE individual sounds you can hear, e.g., the birds outside, the cars driving past, others talking around you, ring tones, laughter in the distance, rain on the roof.



- 2 Smells can be a bit less obvious, so you may need to move from your current position. Notice TWO scents. If you're at home, try smelling something like a stick of deodorant, a scented candle, or fresh laundry. If you're outside, try smelling the air, a flower, or newly mowed grass.
- 1 Become aware of ONE taste. If you have something you can eat, take a bite. If not, imagine a taste - a piece of gum, something spicy, something aromatic. Notice any reactions you have like your mouth watering or what you particularly like or dislike about the taste.



Download/print a PDF version of the 5-4-3-2-1 grounding technique (incl. mini cards as a quick visual reminder)

https://www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/5_4_3_2_1_grounding_technique__incl_mini_cards_.pdf

Maintaining perspective

Remember that overwhelm happens to everyone: these feelings are temporary, and they will pass. Stress affects all of us in different ways, and we also respond differently to what's going on in our lives at one time compared to another. What you coped with fine at some other time may be the same thing that tips you into overwhelm now. Similarly, if someone else is experiencing overwhelm and you're not (or vice versa), remember no-one's circumstances are exactly the same; our lives are unique to us. So spare a thought and be gentle with others and yourself when overwhelm is around – times like these are always easier to get through with supportive words, actions and behaviours.



Resources

For some activities and ideas on coping with overwhelm, check out these resources.

Blog – Coping with overwhelm

www.raisementalhealth.co.nz/coping-with-overwhelm

4 Ds of time management

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/the_four_ds_of_time_management.pdf

Do you have balance in your life?

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/do_you_have_balance_in_your_life.pdf

Tips to help manage stress

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/tips_to_help_manage_stress.pdf

Mindfulness exercises

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/mindfulness_exercises_-_handout.pdf

Take a few minutes for self-care

www.raisementalhealth.co.nz/uploads/6/8/8/3/6883838/using_a_few_minutes_for_self_care.pdf

RAISE IS HERE TO HELP

If you or someone in your team could do with personalised professional support, don't hesitate to get in touch.

New Zealand – 0800 SELF HELP / 0800 735 343

Fiji – 945 7323

Australia – 1800 735 344

UK - +44 800 112 0443

enquiries@raisementalhealth.co.nz

www.raisementalhealth.co.nz

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