

A GENTLE PRINTABLE

The little steps overwhelm reset

When everything feels like too much, you don't have to fix it all at once. Just start with the next tiny step, and tick each one off as you go.

- ☐ **1** **Pause and breathe.** Take three slow breaths. That's all, nothing else yet.
- ☐ **2** **Get a glass of water.** A little reset for your body, and a moment away from the pile.
- ☐ **3** **Brain-dump it all.** Write everything swirling around your head onto one page. No order, no judging.
- ☐ **4** **Circle just one tiny thing.** Not the most important, just the easiest to start.
- ☐ **5** **Make it smaller.** Still feels big? Shrink it: "open the email" instead of "sort the inbox".
- ☐ **6** **Set a 10-minute timer.** You only have to keep going until it rings. Stopping then is completely fine.
- ☐ **7** **Bring some company.** Put on a favourite playlist, or sit with someone while you work (body doubling).
- ☐ **8** **Tick it off and notice the win.** Done is done. Give yourself a moment to feel it.
- ☐ **9** **Choose: next tiny thing, or rest.** Both are good choices. You decide what today needs.
- ☐ **10** **Be kind to yourself.** Talk to yourself like you would a friend. Small steps still count.

Please note: this is a general, practical tip sheet, not medical advice. If you're struggling, please speak to your GP or a qualified professional.