



The Overwhelm Rescue Plan™

When everything feels urgent, use this plan to make the moment smaller.

1



1. PAUSE THE INPUT

Silence notifications, step away from noise or ask for a few quiet minutes.

2



2. SUPPORT YOUR BODY

Put both feet down. Unclench your jaw. Take one comfortable breath.

3



3. NAME WHAT IS HAPPENING

Say: I feel overwhelmed. I do not have to solve everything at once.

4

4. SORT THE MENTAL LOAD



RIGHT NOW

What truly needs attention first?

NOT NOW

What can wait, be shortened or be removed?

ASK FOR HELP

What can someone else handle or support?

5



5. CHOOSE ONE NEXT STEP

Make it small, specific and possible to begin within five minutes.

GENTLE REMINDER

Overwhelm makes everything feel equally important. Pausing helps you separate urgency from pressure.

Martine's Midlife Wellness Tip

If you still cannot choose, start with a basic need: water, food, medication, the bathroom, fresh air or rest.