

How to Cope When Life Feels Overwhelming

What's Feeling *Overwhelming* Right Now?

Check all that apply

- ☐ Work or school demands
- ☐ Financial stress
- ☐ Relationship challenges
- ☐ Health issues
- ☐ Other (Please Explain)
e.g. My relationships feel strained, and I don't know how to fix them.

How is This Stress *Affecting* You?

Check all that apply

- ☐ Physically
- ☐ Emotionally
- ☐ Mentally
- ☐ Other (Please Explain)

What's in *Your Control* vs. *Out of Your Control*?

e.g. I can set boundaries at work, but I can't control my boss's expectations. Or, Choosing where to focus my time and attention, but I can't control the passage of time or how long something takes.

What *Small Steps* Can You Take Right Now?

Check all that apply

- ☐ Take 5 deep breaths to center yourself.
- ☐ Write down one positive thing that happened today.
- ☐ Drink a glass of water to stay hydrated.
- ☐ Reach out to a friend or family member for support.
- ☐ Take a 5-minute break to step outside or move your body.
- ☐ Identify one small, manageable task to accomplish next.

Who or What Can *Support* You?

Check all that apply

- ☐ Friend/Family
- ☐ Being Outdoors
- ☐ Hobbies
- ☐ Support Group
- ☐ Other (Please Explain)
Consider both external and internal sources of support.

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