



medicaltracker

# FEELING OVERWHELMED?

## TRY THESE TRICKS!

Everyone feels overwhelmed sometimes. These strategies help you regain control and feel ready to learn again.



### TAKE A BREATHING BREAK

- Close your eyes
- Take slow breaths in and out
- Repeat until you feel calmer



### FIND A CALM SPACE

- Sit or lie in a quiet corner
- Dim lights or wear headphones
- Relax for a few minutes

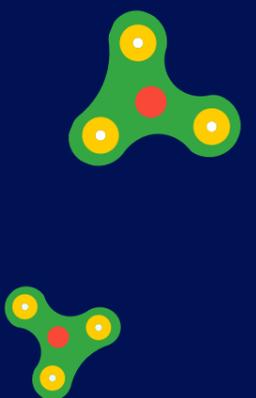
### MOVE YOUR BODY!

- Stretch your arms and legs
- Walk quietly around the room
- Shake out tension



### USE YOUR SENSES WISELY

- Use soft toys or fidget objects
- Use noise-cancelling headphones
- Avoid strong smells or bright lights if possible



### ASK FOR HELP

- ✓ Tell a teacher or support staff how you feel. They can help you take a break or calm down.