

Feeling overwhelmed?

Try this quick grounding exercise

A grounding exercise is a way that you can bring yourself back to the present moment.

It can be used any time or place and no one has to know that you are doing it.

Don't worry about trying to 'get this right'. Focus on using these ideas in the ways that are most helpful to you. Don't be annoyed with yourself if it takes a while for these to 'work' – that's normal



“I find it hard to cope when I’m upset”

Acceptance means being willing to experience a situation as it is, rather than how we want it to be.

Don't judge the situation you're in to be good, or bad.

Each time your mind wanders, simply bring your attention back to this moment.

This is NOT about giving up your options or your hope.

It is possible to accept the present moment for what it is and also hope for it to change.

Remember it is OK to cry, to feel overwhelmed, to feel anger, to feel deep pain. These emotions are not nice, especially when you experience them often. But they are part of being human. Try not to be frustrated with yourself for feeling this way because what you're feeling is valid.