

Lighten a Heavy Mind

Here is a practical reset for anxious and overwhelming Thoughts.

It helps you identify what is actually happening, separate facts from fear, and respond with clarity instead of overwhelm.

1. What are you feeling?

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Insecure |
| <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Pressured |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Mentally Exhausted |
| <input type="checkbox"/> Angry | <input type="checkbox"/> Emotionally Drained |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Overstimulated |
| <input type="checkbox"/> Disappointed | <input type="checkbox"/> Stuck |
| <input type="checkbox"/> Rejected | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Lonely | <input type="checkbox"/> Resentful |
| <input type="checkbox"/> Uncertain | <input type="checkbox"/> Impatient |
| <input type="checkbox"/> Fearful | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Other: _____ | |

2. What are you most worried might happen that's causing these feelings?

3. What is the real issue? (not the fear, assumption, or worst-case scenario.)

4. What is in my control? (What can I actually do, change, communicate, or decide?)

5. What is not mine to carry? (What do I need to release, stop controlling, or surrender?)

6. What do I need first?

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Rest | <input type="checkbox"/> Water |
| <input type="checkbox"/> Space | <input type="checkbox"/> A hard conversation |
| <input type="checkbox"/> Prayer | <input type="checkbox"/> Boundaries |
| <input type="checkbox"/> Movement | <input type="checkbox"/> Support |
| <input type="checkbox"/> Food | <input type="checkbox"/> Time to think |
| <input type="checkbox"/> Other: _____ | |

7. What is one step I can take?

8. Read this slowly...

Not every thought deserves immediate action.
Not every fear is truth.
Not every feeling is a final answer.
Clarity often comes after calm.
My job is not to control everything.
My job is to respond wisely and with intention.

Personal Reminder

Today, I want to remember:
