



Often when people are ill, they can get overwhelmed very easily. You may not be able to remember the things you used to do to avoid feeling overwhelmed such as taking slow deep breaths. It is important to make a list of things to do when you feel overwhelmed. You can then refer to it when you need it.

List things that help when you are feeling overwhelmed:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Refer to this page when you feel overwhelmed. Try the things you have written on the list.