



# Read This When...

## You Are Completely Overwhelmed

### Your 5-Minute Emergency Reset for Your Brain

*It's okay to feel stuck. This is your three-part plan to get un-stuck right now.*

Feeling overwhelmed is not a sign of weakness; it's a **natural brain response** to having too much on your plate. Your nervous system is stuck in freeze mode, and the list of problems feels scarier in your head than it is in reality. This isn't about solving everything right now. It's about getting you **un-stuck** in the next five minutes using a simple, three-part method.

#### Rx Part 1:

##### The 60-Second Nervous System Shift

#### Goal:

Calm your body so your mind can work.

#### Action:

Practice **Box Breathing** (Inhale 4, Hold 4, Exhale 4, Hold 4). Repeat 4 times.



#### Rx Part 2:

##### The Brain Dump to Clarity

#### Goal:

Get your fear out of your head and onto a page.

#### Action:

- Grab a notepad.
- Write down *everything* that is stressing you out.
- Don't organize it.
- Circle the *ONE* most urgent thing.



#### Rx Part 3:

##### The Micro-Moment of Momentum

#### Goal:

Interrupt the cycle of procrastination with a guaranteed win.

#### Action:

Break the circled item into the **smallest step possible**. (e.g., Task: Clean kitchen. Micro-Step: Put one dish in the sink.) Do this tiny step *right now*.



**Your Wellness Rx Takeaway:** You are not responsible for everything at once. You are only responsible for the next **small step**. Give yourself permission to do the next thing imperfectly.

Find more simple, actionable tools at [MooreWellnessRx.com](https://MooreWellnessRx.com)

