

Feeling Overwhelmed?

Learn How to “Reel It In”



Trying to live a balanced life, meet the demands of school, work and daily life in general can be overwhelming for many young adults.

Hannah was no exception. The stressors would build up and she would find herself on emotional overload. Hannah was a talker and needed to discuss her frustrations while shedding a few tears. This was extremely cathartic, but not enough to put her back on track. A catch phrase that helped was “You’ve got to reel this in”. We discussed previously learned strategies and Hannah would choose one that worked best for her. It didn’t happen overnight, but Hannah eventually learned that writing down what she was thankful for and setting goals for the day helped her to reel in the stress and feel confident about facing the day’s challenges.

Gratitude goes a long way. Robert Emmons, a researcher on the practice could tell you that it is immensely helpful to your general happiness and leads to better sleep, more generosity and less depression. (Learn more about the benefits of gratitude [here.](#))

Setting goals is important. There are many benefits to doing this, including having a reason to start your day, giving you a roadmap, and keeping you on track. In general, we waste a good amount of time deciding what to do, so writing down clear goals for the day will provide you with clarity in the decision making process throughout the day. (Learn more about the benefits of goal setting [here.](#))



Hannah Ash “Reeling It In”



Inspired by Hannah is a nonprofit organization dedicated to empowering young women to develop personally and professionally. Learn more at www.inspiredbyhannah.org

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Destressing in the Moment

There are many techniques that can be used to destress in the moment. Hannah found diaphragmatic breathing and taking a brisk walk to be most helpful.

- 1. Diaphragmatic Breathing:** lowers stress levels, reduces blood pressure, regulates other important bodily processes. To breathe diaphragmatically, inhale for four seconds, hold for two, then exhale for six. It is very important to release all the air in your lungs. Continue to do so until you feel grounded again. ([read more here](#))
- 2. Taking a Brisk Walk:** According to a study supported by Johnson & Johnson, taking just a 5-minute stroll each hour in the workday boosted mood, countered fatigue and cut food cravings more than a single 30-minute exercise session. ([Read more about this study here](#))
- 3. Thought Replacement:** It is essential to recognize that you are having a non productive negative thought and not to internalize it and blame yourself or project it onto other people.

Types of negative thought patterns:

- *filtering* (seeing only the bad in situations & “filtering out” the positive aspects)
- *personalizing* (blaming yourself for everything negative that happens)
- *catastrophizing* (always expecting the worst)
- *polarizing* (everything is either all good or all bad)

Negative thoughts can create a stress response in the body. It is important to practice gentleness and to rephrase with reassurance by saying “I am doing the best I can”, or by asking yourself “Is there anyone I can go to for support or guidance?”

([Learn more about thought replacement here](#))

- 4. Mindfulness:** The practice of being fully present and engaged in the moment, without judgment or distraction. It involves paying attention to your thoughts, feelings, and physical sensations with curiosity and acceptance, and cultivating a sense of calm and clarity. Mindfulness can be practiced through various techniques such as meditation, breathing exercises, and mindful movement. ([Click here for mindfulness exercises](#))



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Girl, You've Got This!



Date: _____

Mon Tues Wed Thurs Fri Sat Sun

3 Things I Am Grateful for:

1. _____
2. _____
3. _____

3 Goals for Today:

1. _____
2. _____
3. _____

Quote of the Day:

Notes from My Day:

To Do List:



- _____
- _____
- _____
- _____
- _____

Did I move my body in a healthy way today?

Yes No Minutes: _____

Water I Drank:

