

Overwhelm Bingo

Overcoming overwhelm isn't just about taking proactive steps; it's also about recognizing the moments when you've done something - big or small - to manage it.

This "bingo" sheet is designed to help you reflect on and celebrate the ways you've taken care of yourself, even when life feels overwhelming.

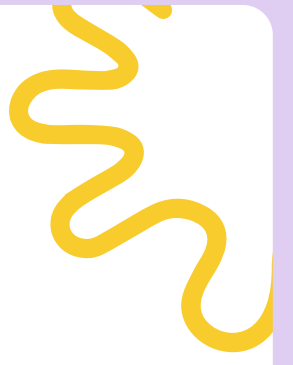
Each square represents an action you might have already done, like taking a deep breath, asking for help, or simply stepping outside for fresh air. By ticking off these moments, you'll see just how much you've already accomplished, reminding yourself of your resilience and strength.

There's no pressure to "complete" the board - it's about honouring the journey, not perfection. Use this as a tool to reflect, acknowledge your progress, and inspire more moments of self-care in the future.

Let's celebrate all the ways you've managed overwhelm! 🌟



Overwhelm Bingo



I drank water when I felt stressed 💧	I prioritized one task over others ✅	I said “no” to something that didn’t serve me 🚫	I took a deep breath and paused 🧘	I completed a small task I’d been avoiding ✨
I gave myself permission to rest 🛏	I reached out for support 🤝	I wrote something down to clear my mind 📝	I took a short walk or moved my body 🚶	I reminded myself I’m doing my best 🌟
I practiced gratitude or noticed something good 🙏	I adjusted my expectations or plans 📅	I decluttered one thing or space 🗑	I stepped away from my screen 🖥	I ate something nourishing 🍏
I asked for help or delegated a task 🧑	I celebrated a small win 🎉	I took a moment to laugh or smile 😊	I listened to a favorite song or podcast 🎵	I let go of perfectionism ✂
I focused on one thing at a time 🕒	I stepped outside for a change of scenery 🌳	I allowed myself to feel overwhelmed without judgment 🌀	I used a calming technique that worked for me 🌈	I treated myself with kindness ❤

