What can I do when I'm feeling overwhelmed?

Try a breathing exercise

For example breathe in through your nose and out through your mouth. Try to keep your shoulders down and relaxed, and place your hand on your stomach – it should rise as you breathe in and fall as you breathe out.

Take a break

If it's possible, step away from what you are doing. You could read a book or a magazine, even if it's only for a few minutes.

Picture yourself somewhere you feel calm

Even if you can't physically get away, your imagination can transport you to somewhere you feel calm. Think of somewhere relaxing and peaceful. You might choose a memory of somewhere you've been, or a place you have imagined.

Listen to music

Really listen to the music. Can you hear a drum beat or a certain rhythm? Focus on the music, and let other thoughts fade away.

Try a grounding exercise

To reconnect you with your surroundings. Look for and find one thing you can see, one you can touch, one you can hear, one you can smell and one you can taste.

Stay safe

If your feelings become overwhelming, and you have suicidal thoughts or you think you may self harm, remember that you can pick up the phone at any time of night or day and talk to the Samaritans on their 24 hour Freephone helpline: 116 123.

You might also find that our information on How to cope with suicidal feelings is helpful. mind.org.uk/suicidalfeelings
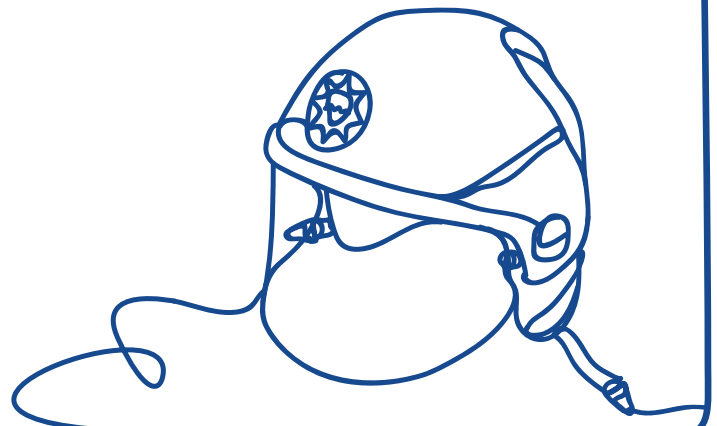
Need support?

Samaritans

24-hour emotional support for anyone struggling to cope.

24-hour freephone helpline: 116 123
Email: jo@samaritans.org
Samaritans.org

Local services

Find your **Local Mind** and the services such as crisis helplines, drop-in centres, counselling and befriending they offer here mind.org.uk/localminds

The Mind Blue Light Infoline:
0300 303 5999

Lines are open 9am to 6pm,
Monday to Friday (except for bank holidays)

bluelightinfo@mind.org.uk
Text: 84999
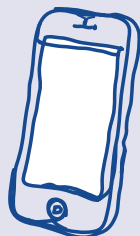
mind.org.uk/BlueLight

We're a registered charity in England (no. 219830)

Funding administered by

Cabinet Office

mind
for better mental health