

# Feeling at a Loss or Overwhelmed

Living with pain can sometimes feel overwhelming. You may feel stuck, unsure of what to do, or even hopeless. These feelings are common, but they do not have to control you.

## Why It Matters

- Stress and overwhelm can increase your pain.
- Feeling lost can make it harder to take positive steps.
- Learning ways to cope helps you regain control and move forward.

## Simple Strategies

- Pause and Breathe – When you feel overwhelmed, stop and take 5 slow, deep breaths.
- Break It Down – Instead of focusing on everything at once, pick one small step you can take.
- Write It Out – Journaling your worries or making a simple to-do list helps clear your mind.
- Reach Out – Talk to a trusted friend, family member, or your physician.
- Ground Yourself – Focus on your senses: what you can see, hear, touch, or smell right now. This brings you back to the present moment.

## Tools That Can Help

- Short walks or gentle movement
- Listening to calming music or guided relaxation
- Scheduling tasks into smaller, manageable steps
- Practicing gratitude by writing down 1–2 positive things each day

## Goal

The goal is not to eliminate stress but to make it manageable. By taking small, steady steps, you can reduce overwhelm and feel more in control of your pain and your life.

## Overwhelm Reset Plan

[illegible]