



## When Everything Feels Too Much

This is a nervous system moment — not a behaviour problem.

The goal is safety, not obedience.

This tool was created from lived experience.

In the middle of overwhelm, when everyone's nervous system is loud and nothing feels like it's working, I needed something simple — something I could come back to when my own thinking went offline.

Big feelings can make the nervous system react as if there is real danger. It doesn't know this is a child, a kitchen, or a hard moment — it responds as though a lion is about to attack.

This isn't a fault in your parenting.  
It's a body responding to a perceived threat.

This support can be used with toddlers, children, and even teens — nervous systems respond to safety at every age.

These steps are here to help your body — and your child's — feel safe again.

This tool offers support in the moment.

Ongoing support, such as coaching, can help you understand your child's unique regulation needs and build strategies that fit your family.

Support isn't about doing more — it's about doing what fits 🌱



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Pause. Start with you.

**Mantra:**

I am safe.

They are safe.

This is temporary.

**Body-based supports:**

- Drop your shoulders. Unclench your jaw.
- One slow breath in through your nose, long breath out.
- Put a hand on your chest or stomach.
- Lower your voice. Fewer words.

(Important: these are not “calm down” demands — they’re cues.)

Connect before correct.

**What to say:**

- “You’re safe. I’ve got you.”
- “It’s too loud right now — we’re making it quieter.” (reduce sensory load)
- “Your body is having a hard moment.”

**What to do:**

- Deep pressure (hug, squeeze, wrap)
- Heavy work (push wall, pull towel, carry)
- Reduce sensory load (turn off lights, lower your voice, turn off background noise, move to one room)

You don’t need to fix the feeling. You’re supporting the body through it.

Repair builds safety.

**Repair language (keep gentle, non-blaming):**

- “That was really hard.”
- “I’m sorry it felt scary.”

Gentle reflection (optional, not mandatory):

- What did the body need?
- What helped?
- What might we try earlier next time?

Big feelings don't mean anyone failed.  
They're part of being human.



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I have included a shorter, wallet sized Option for when you are on the go:

When Everything Feels Too Much
<b>Pause</b> <ul style="list-style-type: none"><li>• I am safe</li><li>• They are safe</li><li>• This is temporary</li></ul>
<b>Connect</b> <ul style="list-style-type: none"><li>• Fewer words</li><li>• Deep pressure / heavy work</li><li>• Lower sensory load</li></ul>
<b>Repair</b> <ul style="list-style-type: none"><li>• “That was hard”</li><li>• “We’re okay now”</li><li>• Reflect later</li></ul>

If this tool felt helpful, ongoing support can help you personalise regulation strategies for your child and your nervous system too.