

NAVIGATING THROUGH LIFE: FEELING OVERWHELMED



SUPPORT

- ✓ It's normal to feel overwhelmed at times. It's important to have support from family and friends, a trusted co-worker, or even a counselor.
- ✓ When you feel overwhelmed, find someone you trust to talk to them. It is OK to talk about your feelings with your parents, a family member, or a trusted friend.
- ✓ If you don't have someone to talk to, you can write in a journal or make a video-blog to have an outlet to vent your feelings.
- ✓ If you are feeling overwhelmed, do not run away from those feelings. Reach out to someone to talk about how you feel. It is important to reach out and talk about your feelings. Find a person you can trust for these conversations or a family member.
- ✓ Remember, you are on your own timeline so do not compare yourself to others.
- ✓ Use the resources that are available to you, and remember to be kind to yourself. Measuring up to other people's standards can be very hard!



SELF CARE

- ✓ If you are stressed, try to pinpoint why, and then consider stepping back from some of the things stressing you. Take the time to care for yourself, practice self-care.
- ✓ Self-care is when you take care of yourself. Doing something you enjoy and that is healthy is self-care.
- ✓ Change where you spend your time like going outside or to a park. Spending time in nature may relax you.



HOBBIES

- ✓ Find outlets to release stress; for example, take time for yourself, find a hobby you enjoy, sports, join a group, or a religious organization. Find the thing that makes you happy.
- ✓ Some people feel better by helping others or doing volunteer work that they enjoy.



RESOURCES

The NAMI HelpLine:

Hours: Monday through Friday, 10 am–6 pm,
ET.1-800-950-NAMI (6264) or info@nami.org

National Suicide Prevention Lifeline:

Hours: Available 24 hours.

Languages: English, Spanish.1-800-273-8255

Info Sheets were developed through interviews with young people with disabilities as part of the Inclusion Project

