

Divorce Overwhelm Reset

Overview

Divorce can create constant mental noise—decisions, emotions, logistics, and expectations all competing for attention at once. This reset sheet is meant to be used in moments of overwhelm, when thinking clearly feels impossible.

You don't need to solve everything. This tool helps you pause, regulate your nervous system, and focus on what actually matters *right now*—so you can move forward with a little more steadiness and clarity.

Divorce Overwhelm *Reset*

Step 1: Pause and Ground (2–3 minutes)

Take three slow breaths.

Inhale through your nose for 4.

Exhale through your mouth for 6.

Name:

- **3 things you can see:** _____
- **2 things you can feel in your body:** _____
- **1 thing you can hear:** _____

You are safe in this moment.

Step 2: What feels overwhelming right now?

List everything that's crowding your mind—no organizing yet.

Step 3: What actually needs attention *today*?

Circle or write **one** thing that truly cannot wait until tomorrow.

Everything else can pause.

Step 4: What can wait?

Give yourself permission to postpone:

Step 5: What support would help right now?

(Check any that apply)

- ☐ Rest
- ☐ Reassurance
- ☐ Clear information
- ☐ Emotional support
- ☐ A break from decision-making
- ☐ Practical help
- ☐ Space
- ☐ Other: -----

Step 6: One small next step

(Not the whole solution—just the next doable action)

Step 7: A compassionate reminder for myself

Examples:

- "I don't have to figure this out all at once."
- "Feeling overwhelmed doesn't mean I'm failing."

My reminder:

Closing Statement

This is a hard season. Slowing down is allowed.

Progress can be gentle.