

The OVERWHELM RESET

Simple Tools to Ground, Calm, and
Reconnect



THE RESET TOOLKIT

Feeling scattered, stuck, or like you might snap? Start here.

You're not failing. You're overloaded.

This simple reset is for those moments when everything feels like too much—and you just need a lifeline back to center. These tools are designed to help you reconnect with yourself, shift your state, and feel more grounded in just a few minutes.



One Breath – 4-7-8 Breathing

Inhale for 4 seconds, hold for 7, exhale for 8. Repeat 3 rounds.

This calms your nervous system, reduces stress hormones, and brings you back to your body.



One Tap – EFT for Overwhelm

Gently tap on your collarbone as you say: "Even though I feel like I'm drowning in everything, I'm open to the idea that I can come back to myself now!"

This helps shift stuck emotional energy and soothe the stress response.



One Grounding Ritual – Soothe Your Senses

Place your hands on your heart.

NAME:

3 things you can see

2 things you can hear

1 thing you can feel

This simple sensory ritual reconnects you with the present moment.



One Flower Essence – Natural Support

I always have Rescue Remedy Sleep Aid spray on my nightstand for quick support. It helps me fall asleep...or back to sleep!

RECONNECT + REFLECT

Journal Prompt

What do I most need right now
—and what can wait?

A Loving Reframe

It's okay to not be okay.
It's okay to need rest.
You don't have to do this *alone*.



Your Next Step (A Gentle Invitation)

If you're craving more calm, clarity, and support in your life—I'd love to help.

My 1:1 coaching is designed for women over 40 navigating overwhelm, hormonal shifts, and the exhausting pressure to "hold it all together."

Together, we create space to slow down, reset your rhythm, and reconnect with your inner compass—so you can move through life with more ease, energy, and confidence.

READY FOR A DEEPER KIND OF SUPPORT?

Book a free Midlife Clarity Call

<https://jodihubbell.com/calendar/clarity-call>