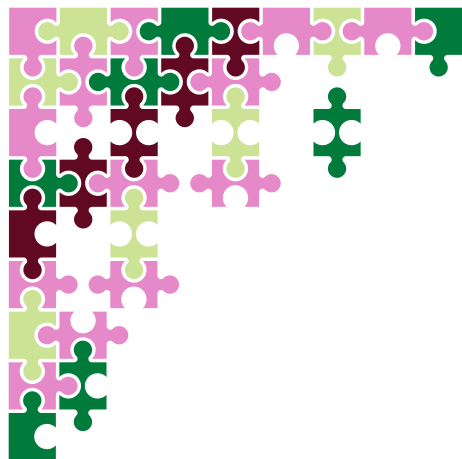


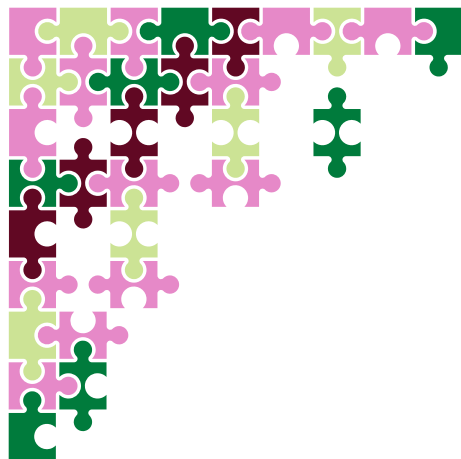


HER HYPNOTHERAPY

The Overwhelmed Brain Toolkit

Practical ways to help your brain feel calmer when everything feels like too much.

By Harriet Roberts



Welcome...

If you've found your way here, I'm guessing life feels pretty full at the moment. Maybe your mind won't switch off. Maybe you keep remembering things you need to do just as you're trying to relax. Perhaps you're forgetting little things, finding it hard to concentrate, or feeling as though you're constantly playing catch-up.

If that's you, I hope this guide gives you two things: a better understanding of why your brain is reacting like this, and a few simple ideas that can make a real difference.

One of the biggest things I see in my therapy room is the relief people feel when they realise they aren't "failing" or "bad at coping". Their brain has simply been under a lot of pressure.

1. Why does everything suddenly feel so urgent?

Your brain has two main jobs: thinking and surviving. When you're calm, your thinking brain helps you plan, prioritise and make decisions.

When you're stressed, your primitive brain takes over. It can't always tell the difference between a real threat and an overflowing to-do list, so everything starts to feel urgent.

The good news is that once your brain feels calmer, your thinking brain naturally comes back online.

Two important parts of your brain

Prefrontal Cortex (Your Thinking Brain)

- Helps you plan, solve problems and make decisions
- Thinks about the future
- Helps you stay focused and in control
- Works best when you feel calm and safe



Primitive Brain (Your Survival Brain)

- Watches for danger and threats
- Reacts fast to keep you safe
- Driven by instinct and past experiences
- Takes over when you're stressed, overwhelmed or feel unsafe



When you're under stress, your primitive brain takes the lead to protect you. It's doing its job, but it can make everything feel urgent and overwhelming.

The good news? You can help your thinking brain come back online.

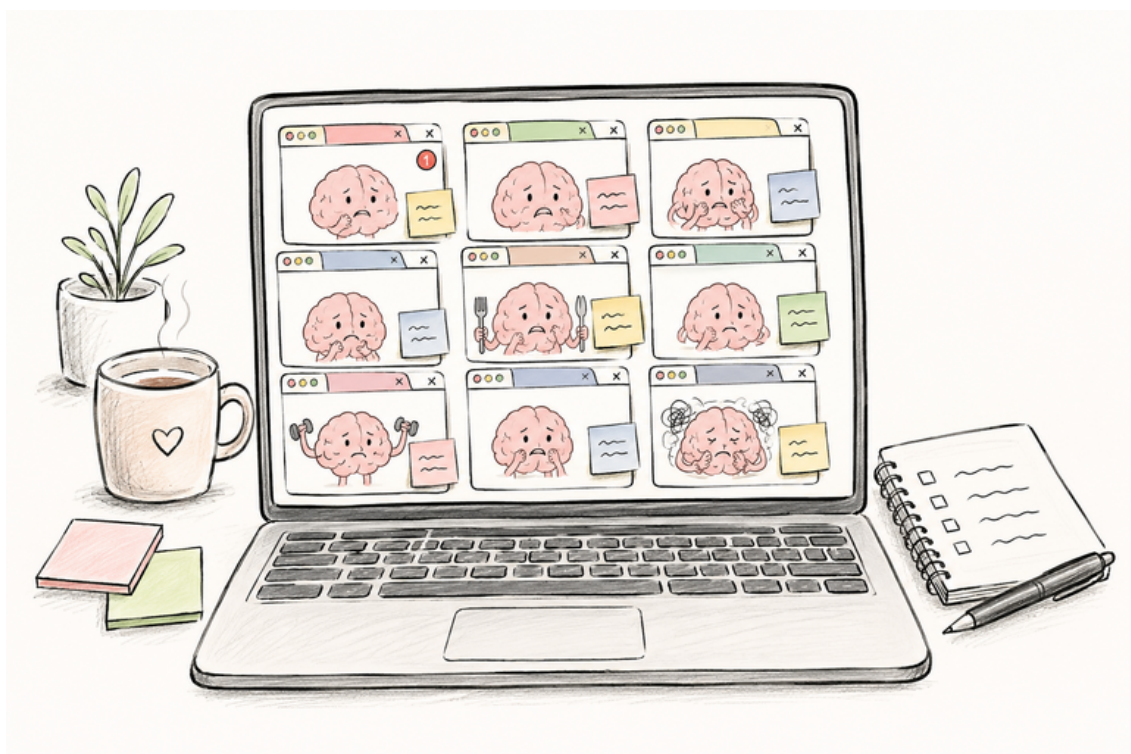
2. Why unfinished jobs feel so uncomfortable

Have you noticed how the jobs you haven't started often feel bigger than the ones you've already begun?

Our brain really doesn't like uncertainty. It likes things to feel complete. So every unfinished job quietly sits there asking for your attention. The more of those jobs there are, the noisier your brain becomes.

That's often why people say, "I don't even know where to start."

It's not laziness. It's overload.





3. Make the task smaller than your brain expects

When a job feels overwhelming, try making it almost
ridiculously small.

Instead of thinking...

Clean the kitchen

try...

Empty the dishwasher.

Instead of...

Sort the spare room

try...

Put five things away.

Your primitive brain is much more willing to tackle
something that feels achievable. As soon as you get started,
your thinking brain often begins to come back online and
the task feels far less daunting.

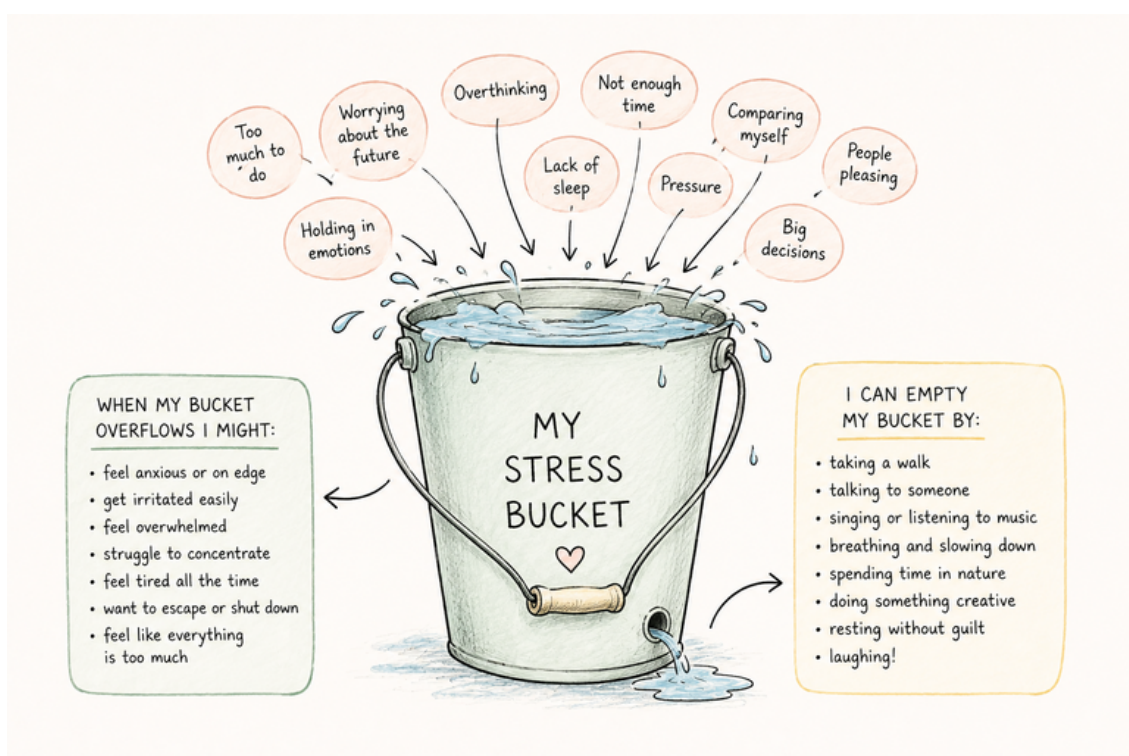
4. Empty your stress bucket first

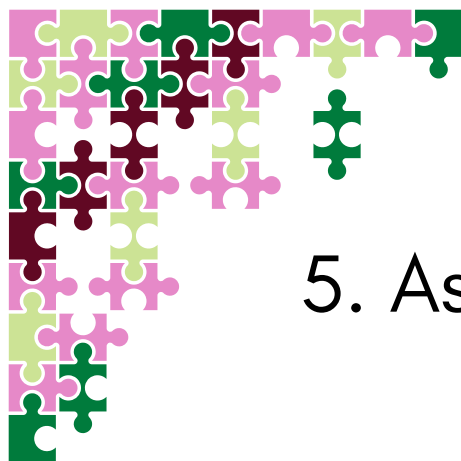
When we're stressed, our brain is full of stress chemicals. We often think the answer is to keep pushing through and getting more done, but sometimes the opposite is true. Sometimes your brain needs a chance to slow down before it can think clearly again.

That might be:

- Going for a walk.
- Singing.
- Listening to music.
- Sitting in the garden with a cup of tea.
- Doing something creative.
- Laughing with someone.
- Playing with your dog.

These things aren't wasting time. They're helping your brain settle.





5. Ask your brain a different question

When we're overwhelmed, it's easy to ask ourselves questions our brain simply can't answer.

"How am I going to get everything done?"

"What if I can't cope?"

"When will life feel easier?"

Questions like these don't have a clear answer, so they can keep your **primitive brain** on high alert, searching for danger and uncertainty.

Your **thinking brain**, on the other hand, loves facts. It likes questions it can actually answer.

So instead, try asking yourself:

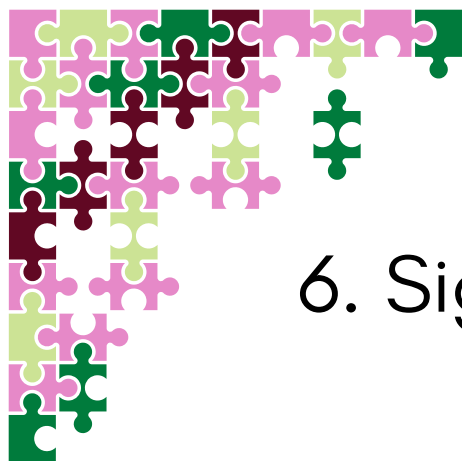
"What's the next smallest thing I can do?"

"What do I know for sure right now?"

"What's gone well today?"

"What's one thing I can tick off in the next five minutes?"

These questions gently encourage your **thinking brain** to come back online. They shift your focus away from uncertainty and back towards facts, helping you feel calmer, clearer and more in control.

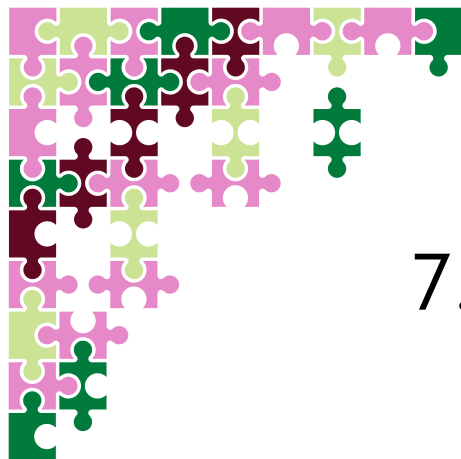


6. Signs your brain might be overloaded

See how many of these sound familiar...

- ☐ Walking into a room and forgetting why.
- ☐ Reading the same paragraph over and over.
- ☐ Feeling like everything needs doing immediately.
- ☐ Starting one job, then another, then another.
- ☐ Feeling guilty when you stop.
- ☐ Feeling more emotional or irritable than usual.
- ☐ Struggling to switch off, even when you're tired.

These are all things I hear people describe every week. They're not signs that your brain is broken. They're often signs that it's been working incredibly hard.



7. A five-minute reset

The next time everything feels urgent, pause for a moment.

Put both feet on the floor.

Take one slow breath in, hold, and out.

Look around the room and notice five things you can see.

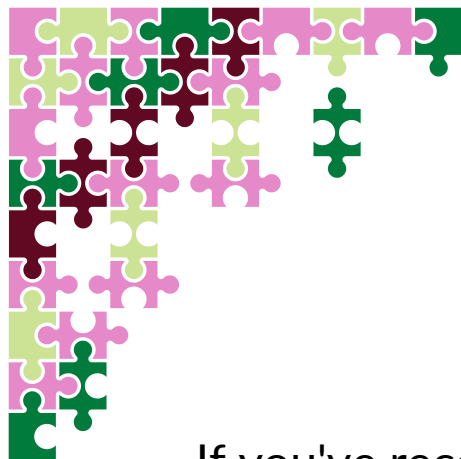
Then ask yourself:

"What's the next smallest thing I can do?"

Not the whole list.

Just the next thing.

Tiny steps help your brain realise that you're safe and that not everything needs solving right now.



Finally...

If you've recognised yourself in this guide, I hope it's helped you realise one thing.

You don't need to be better at coping.

You don't need to try harder.

Sometimes your brain simply needs the chance to step out of survival mode so that your thinking brain can do what it does best.

That's the work I love doing with my clients. Helping people understand what's going on in their brain, making sense of why they feel the way they do, and showing them that life really can feel calmer again.

If you'd like to find out more, you're very welcome to book a free discovery call.

I'd love to hear your story.

Harriet ♥

www.herhypnotherapy.co.uk