



Tiny Buddha's

Best You, Best Life

TOOLKIT

Tiny Tools for Anxious, Overloaded Minds *A Workbook for Emotional Overwhelm, Panic, and Dread*

Dear You,

If your thoughts have been racing...

If dread is sitting heavy in your chest...

If the smallest things feel impossibly big...

You're not broken. You're overwhelmed.

When your nervous system is flooded, it's hard to think clearly, rest deeply, or trust that everything will be okay. That doesn't mean you're failing. It means your body is doing its best to protect you—in the only way it knows how.

This workbook isn't about "fixing" you. It's here to offer questions, tools, and reminders to help you pause, breathe, and come back to yourself. You don't have to calm down instantly. You don't have to feel better right away. You just have to take one steady step.

by Lori Deschene, Tiny Buddha founder, tinybuddha.com/bundle



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10 Questions for When Your Everything Feels Like Too Much

Use these prompts to reflect, release, and reconnect. No pressure to get it “right” —just notice what comes up.

1. What does emotional overwhelm feel like in your body?
2. What are some of the thoughts that spiral through your mind when you feel this way?
3. When you feel panicked or emotionally flooded, how do you usually respond—and does this tend to make things better or worse?
4. What might your anxiety be trying to protect you from—and what's one reason you might not need this protection right now?
5. What situations, people, or patterns tend to trigger this response in you?
6. When have you successfully calmed yourself before? What helped?
7. What does “enough” look like for you today?
8. What are you afraid might happen in the future—and what's one reason you can set that worry aside for now?
9. If you could offer your overwhelmed self one kind, supportive reminder, what would it be?
10. What's one tiny thing you could do or stop doing to feel even 5% safer and more at ease?

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5 Grounded Tools for Emotional Overload

Each of these is designed to help your nervous system shift out of overwhelm—even if only slightly.

1. Box Breathing (4-4-4-4)

Inhale for 4. Hold for 4. Exhale for 4. Hold for 4.

Do 3 rounds. You can draw a box with your finger while you breathe.

This gently slows the body and gives your mind something to track.

2. Name + Validate

Say to yourself: "I feel anxious. My body thinks I'm in danger. But I'm safe in this moment."

Validation calms the stress response. Safety softens the fear.

3. Anchor in One Sense

Pick one sense—sight, sound, or touch. For one minute, focus only on that.

- Watch a candle flicker
- Rub a textured object
- Listen to soft, steady music



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5 Grounded Tools for Emotional Overload

(cont'd)

4. Hand on Heart, Feet on Floor

Place one hand over your heart. Press your feet into the floor. Say slowly: "I am here. This moment is okay. I am okay."

This reconnects you with your body's boundaries and presence.

5. One-Thing Focus

Pick one manageable task—drink water, brush your teeth, send one text. Do only that. Then pause.

This reclaims agency and shifts you from scattered to centered.



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5 Permission Slips for Anxious Days

1. I give myself permission to not be okay—and not explain why.
2. I give myself permission to move slowly, even if the world feels fast.
3. I give myself permission to take up space, even in my mess.
4. I give myself permission to feel all of it without fixing all of it.
5. I give myself permission to breathe through this moment—one breath at a time.
Pause for a moment.

How are you feeling after reading/reflecting on all of this? What do you need right now—mentally, emotionally, and physically? Checking in with yourself and honoring your needs is a powerful way to steady yourself when everything feels like too much.



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Want to Learn How to Reset Your Overwhelmed Nervous System?

If you've been stuck in patterns of anxiety, panic, or emotional flooding—and you want tools that actually work to bring your body back to calm—check out The Emotional Reset Workshop from neuro-emotional rewiring coach Diana Bird.

In this 3-day workshop, Diana teaches simple, science-backed tools to stop the anxiety spiral, reset your nervous system, and reclaim a sense of calm and clarity. This is real, embodied healing—not mindset tricks or spiritual bypassing.

You'll learn:

- What emotional overwhelm actually is
- Why “just think positive” doesn't work
- How to regulate your nervous system in the moment
- How to stop fear from hijacking your thoughts and decisions

For a limited time, you can get The Emotional Reset Workshop—plus more than a dozen other powerful tools to support your emotional well-being—for 95% off in the Best You, Best Life Bundle.

This bundle includes resources for:

- Nervous system healing
- Stress and anxiety relief
- Relationship support
- Self-compassion and mindfulness
- Reconnecting with joy, purpose, and peace

[Click here to get the full bundle](#)

Available through Wednesday, May 21st.