

A compassionate, grounded guide for when the world feels like too much.

Why This Feels So Hard

Political and world events can activate fear, grief, anger, helplessness, or moral distress—especially for people who are empathic, socially aware, or already carrying significant stress. Ongoing exposure to distressing information can overwhelm the nervous system, making it harder to feel grounded, regulated, or hopeful.

If you're feeling overloaded, nothing is "wrong" with you. Your system is responding exactly as it was designed to in the face of sustained uncertainty and perceived threat.

Signs You May Be Reaching Overwhelm

- Difficulty concentrating or sleeping
 - A sense of dread, numbness, or constant alertness
 - Feeling compelled to check the news repeatedly
 - Strong emotional reactions that feel hard to regulate
 - Hopelessness, helplessness, or moral distress
 - Withdrawing or feeling disconnected from others
-

Gentle Strategies to Help You Regulate & Recenter

1. Create Boundaries with Information

- Choose *when* and *how* you engage with the news (e.g., once or twice a day)
- Avoid doom-scrolling, especially before bed
- Consider taking intentional “news breaks” without disengaging from your values

Boundaries are not avoidance—they are self-protection.

2. Anchor in the Present Moment

When the world feels out of control, grounding brings you back to the here and now.

- Place your feet on the floor and name five things you can see
- Slow your breathing (longer exhales help calm the nervous system)
- Step outside and notice the natural world

Small moments of presence can help restore a sense of safety.

3. Name What You're Feeling—Without Judgment

Try gently completing the sentence:

"When I hear about what's happening, I notice I feel..."

Naming emotions helps the brain process them rather than staying stuck in overwhelm.

4. Focus on What Is Within Your Control

You cannot carry the weight of the world alone.

- Clarify what is within your influence (values-based actions, conversations, care)
 - Release responsibility for outcomes you cannot control
 - Let "enough" be enough for today
-

5. Stay Connected—to Yourself and Others

- Share how you're feeling with trusted people
- Limit conversations that escalate distress
- Seek spaces that allow for nuance, compassion, and rest

Connection is a powerful antidote to overwhelm.

6. Balance Awareness with Nourishment

For every input that activates your nervous system, intentionally choose something that restores it:

- Movement, creativity, music, or nature
- Meaningful routines
- Moments of joy or lightness (these are allowed—even now)

Hope and care are not signs of denial—they are signs of resilience.

When to Seek Additional Support

If distress feels persistent, unmanageable, or interferes with daily functioning, working with a therapist can help you:

- Process emotional responses safely
 - Reduce anxiety and nervous system overload
 - Reconnect with meaning, agency, and hope
-

A Closing Reminder

You are allowed to care *and* to rest.

You are allowed to be informed *and* to protect your well-being.

Supporting your mental health is not disengagement—it is what allows you to remain grounded, compassionate, and resilient in an uncertain world.

If you'd like support navigating overwhelm, anxiety, or moral distress, professional help is available.

Inspiring Hope

Compassionate, holistic psychotherapy supporting healing, resilience, and well-being.