

FOR WHEN IT'S TOO MUCH

Grounding for *teens*

This one's for you. Simple steps for moments that feel like too much, all at once.



WHEN TO USE IT

Before a test, after an argument, when things feel too much at school or at home, or any moment that feels overwhelming.

WHY IT HELPS

Noticing what's actually around you can make a big, spiralling moment feel smaller and more manageable.

Struggling with a moment like this is normal. It doesn't mean something is wrong with you. Talking to an adult you trust is always a fair thing to do.

— You've got this, one moment at a time. —

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