

SELF-MANAGEMENT

Overwhelmed

“Everything is too loud.”

In the book: Chapter 12 · The Gift of Stillness

WHAT IS UNDERNEATH — AN IFS VIEW

The system has gone past capacity and a firefighter takes over — shutdown, tears or an explosion. Nothing said in this state is being stored.

TRY THIS, RIGHT NOW

Find a quiet corner and put both hands on your chest.

FOR THE CHILD

Both hands flat on your chest. Feel the weight of them and let your shoulders drop.

FOR A PARENT

Stop teaching. Lower your voice, reduce the input, wait. Debrief tomorrow, never during.

FOR AN EDUCATOR

Have a named, permission-free exit — a calm corner they can use without asking. Asking is impossible in that state.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.