

Day 1

Managing Overwhelm

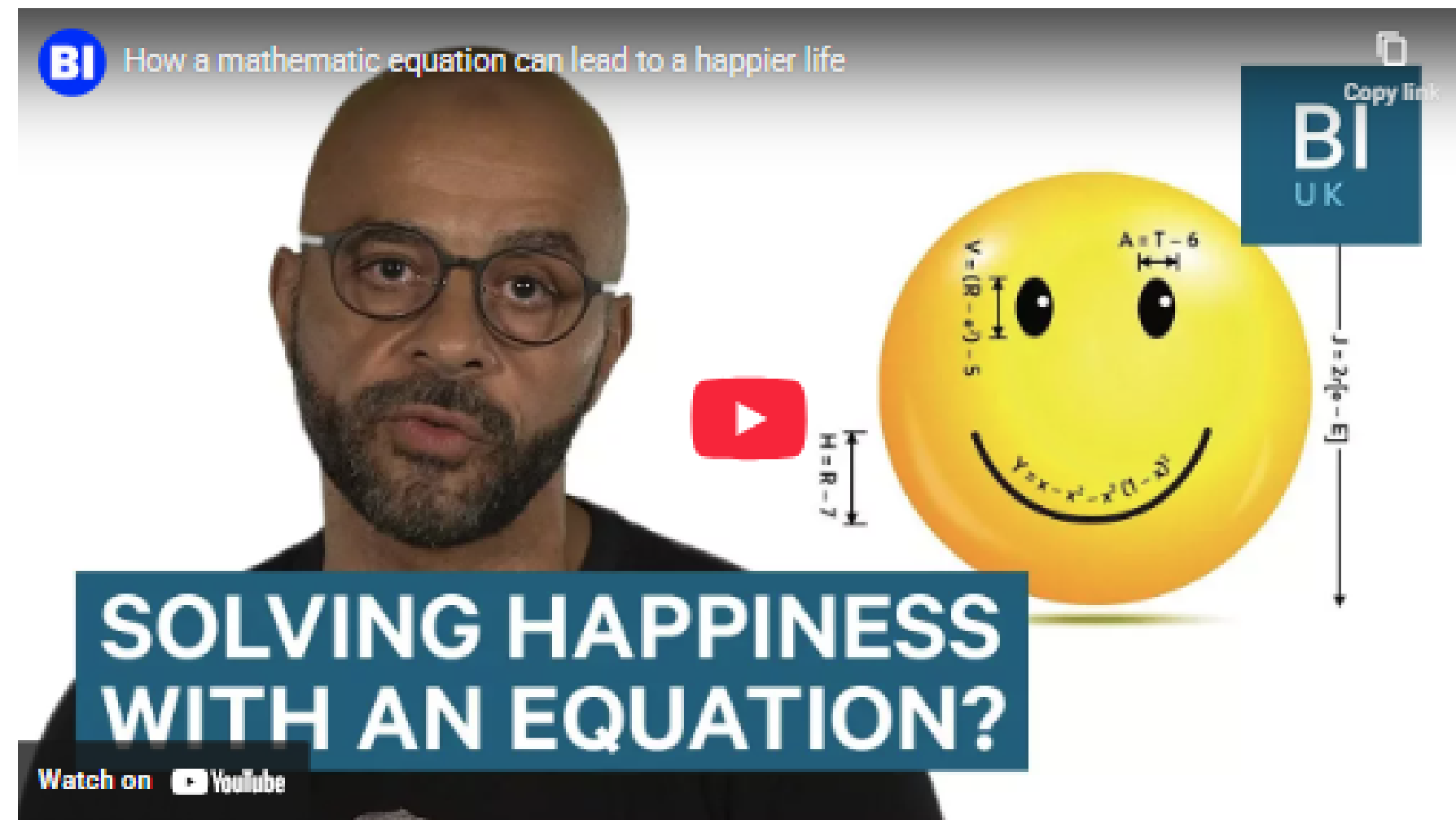
Think, Pair, Share:

- When do you notice that you start to feel overwhelmed?
- How do you usually respond when there's too much on your plate?

Day 1

Managing Overwhelm

Write down one situation that feels overwhelming.
Break it into three smaller, manageable actions.
Circle the first step you can take today.



<https://www.youtube.com/watch?v=Eu4XUe911G4>

Day 1

Managing Overwhelm

Thought for the day:

**"I don't have to do everything
at once. I just need to take the
next step."**

Today's task:

**Listen to Episode One of the
Managing Overwhelm Series**



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Day 2

Managing Overwhelm

Think, Pair, Share:

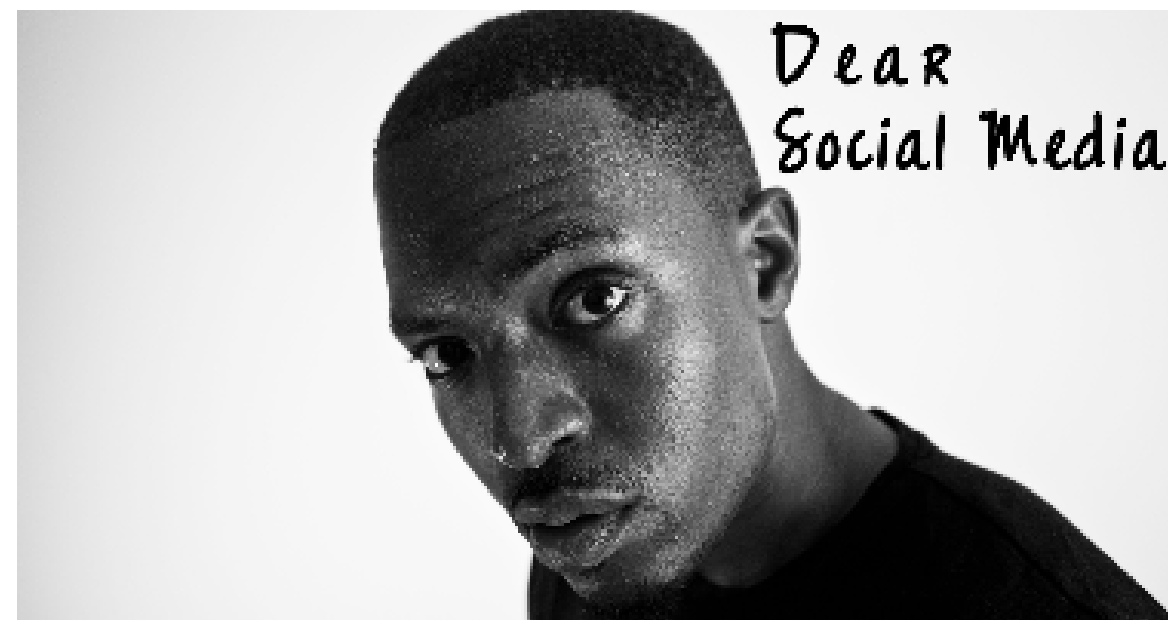
- What are your biggest digital distractions during study time?
- How do you feel after spending long periods scrolling or multitasking online?

Day 2

Managing Overwhelm

Everyone in the room, silence your device and do one quiet task for two minutes (reading, breathing, or thinking).

Afterwards, discuss how that short pause felt and what made it easier or harder to focus.



Suli Breaks - Dear Social Media, (Spoken Word Video)

4 minutes | Inspired by the "Dear Fat People" responses. I wrote an open letter to social media. [Subtitles Available] We often blame technology for a lot of the problems faced in society, such as cyber...

Films For Action / 4:00

<https://www.filmsforaction.org/watch/suli-breaks-dear-social-media-official-spoken-word-video/>

Day 2

Managing Overwhelm

Thought for the day:

"I can choose to manage my digital world. My focus belongs to me."

Today's task:

Listen to Episode Two of the Managing Overwhelm Series



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Day 3

Managing Overwhelm

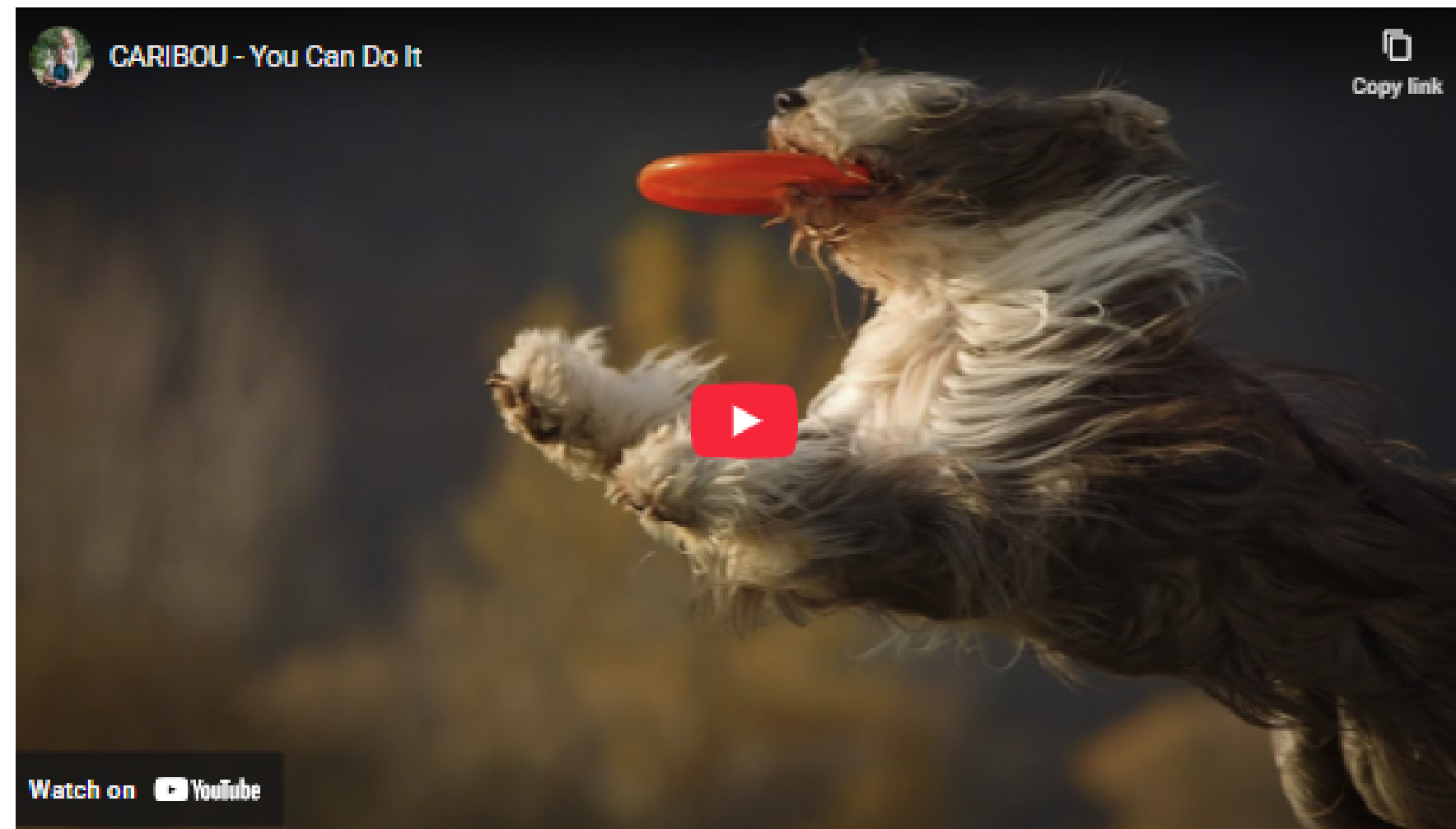
Think, Pair, Share:

- When have you felt 'in flow', thoroughly absorbed and focused?
- What helps you get into that state more often?

Day 3

Managing Overwhelm

Write down one small routine (like taking three breaths, setting a timer, or clearing your desk) that will help you begin a task today with calm focus.



https://www.youtube.com/watch?v=VrPVSz3bBq4&list=RDVrPVSz3bBq4&start_radio=1

Day 3

Managing Overwhelm

Thought for the day:

"I can build my focus by gently returning my attention, finding calm and flow."

Today's task:

Listen to Episode Three of the Managing Overwhelm Series



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