OVERWHELMED

HOW TO GET HELP IF YOU OR A CLASSMATE NEEDS IT
Hey! Let’s start by discussing what OVERWHELMED might look like for 3rd – 5th graders.
Sports
Big project
Homework
This is too hard.
Body changes
How can I get it done?
Chores
Are they mad at me?
Parents
Drama
Tryouts soon
This is normal.
However.........
It’s not always easy.
Siblings fighting. Are they mad at me? What if I fail?

Body changes. How can I get everything done?

Tryouts soon. Is this to hard?

Homework is too much.

Band practice. Big project due.

Teachers are annoyed. I think.

But how do you deal with all this stress?
Let’s go through some ways you can get help when you feel overwhelmed!
You can talk to your school counselor about coping skills.
You can talk to your parents or teachers.
Or you can practice some coping skills on your own and see what works best for you!
Sometimes it’s more though.
Tell a safe adult whenever

- A classmate talks about not wanting to live.
- A classmate talks about wanting to hurt themselves.
- A classmate talks about others being better off without them.
It is never your job to have to ask any more questions or feel like you have to do anything else other than tell a trusted adult.

Our job is to protect you.

We will do the rest.
Ask for help from a trusted adult if:

- You feel like hurting yourself.
- You feel overwhelmed to the point of harming yourself.
- You feel like your feelings are too big to handle by yourself.
REMEMBER:
Sadness, worry, happiness, anger, nervousness, 
every emotion is normal at some point in time.

When emotions get so big that someone is unsafe, that is 
when an adult needs to get involved.