



Practical tools for stress, sleep and emotional wellbeing

When life starts to feel like too much

Overwhelm is not always caused by one dramatic event. Sometimes it is the cumulative effect of work, relationships, caring responsibilities, health, money, poor sleep, difficult experiences, other people's needs and the everyday things that keep filling our capacity.

The Overwhelm Reset creates space to stop, notice what is happening for you and explore practical ways to respond with more awareness. It is not about diagnosing you, fixing your life or telling you what you should do. It is about understanding your own patterns and creating more choice about what happens next.

Clarity • Confidence • Choice

Clarity Recognise what overwhelm looks like for you and what is taking up your capacity.

Confidence Build awareness of your own signals and explore practical tools that may support you.

Choice Create a pause between what you think, feel or reach for and what you choose to do next.

What we explore

Your overwhelm patterns

Tired but wired, unable to switch off, replaying conversations, becoming reactive, waking early, holding tension or reaching automatically for something that changes how you feel.

The Stress Bucket

What is filling your capacity, what may not be yours to carry, and where even 5% more space could come from.

Your nervous system

A simple Green / Amber / Red model to help you recognise your own early warning signs and notice your “Amber tell” before overload.

Sleep and capacity

How poor sleep and overwhelm can feed each other, and where small practical changes may help create a better transition into rest.

What else we explore

What you consume

Not only food and drink, but also media, conversations, sound and environment. The focus is curiosity: what nourishes you, what drains you, and what you may want more or less of.

How you cope

Every individual has coping strategies. We look without judgement at what genuinely supports you, what may help now but cost you later, and the need that may sit underneath familiar behaviours.

Me • My Mind • My Body

A simple model for understanding where choice sits. Your mind can produce thoughts and your body can produce sensations without either having to take over the steering wheel.

What you can influence

Where your energy is going, what is within your gift to change or influence, and what you may be exhausting yourself trying to control.

Somatic Breathwork

The workshop includes a guided Somatic Breathwork experience. “Somatic” simply means relating to the body. The practice provides a way to move from thinking about what is happening into noticing what is happening in the body as well.

The approach has an activating phase followed by a slower, gentler phase focused on settling and integration. There is no particular experience you are expected to have. You remain in control throughout and can slow down, adjust, pause or stop at any time.

Who is it for?

For individuals who feel stretched, tired but wired, unable to switch off, overloaded by responsibility, stuck in familiar coping patterns, or simply aware that life has become fuller than their current capacity.

New dates coming soon

Interested in joining us? Get in touch to register your interest and we'll let you know when new workshop dates are released.

[Contact us to register your interest](#)

Try it first — free 6-minute Morning Reset

If you'd like to experience a short Somatic Breathwork practice first, try the free Morning Reset:

[Watch the FREE 6-minute Somatic Breathwork Morning Reset](#)

You don't have to carry it all. You just have to choose something different.

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