



# RELEASE THE OVERWHELM

A 3 step mini guide to finding calm again

Because you don't have to  
carry it all anymore.

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HOLISTIC HEALING FOR MIND, BODY & SOUL

# Welcome



If you've found yourself constantly on the go, juggling responsibilities and wondering when you'll finally get a moment to breathe then this little guide is for you.

These three gentle steps will help you pause, reset, and find calm again, even on your busiest days.

Take your time with them. You don't need to do them all at once. Each one quiets the mind, releases tension in the body, and realigns your energy.

You've already done something amazing by simply opening this guide.

♥ **CREATED BY NIKKI, HOLISTIC TRANSFORMATION COACH  
HELPING ACTIVE, BUSY PEOPLE FEEL CALM, CONFIDENT AND IN  
CONTROL AGAIN.**

# STEP 1 • GROUND THE BODY



When life feels chaotic, your body needs to feel safe first.

Grounding brings your awareness back to the present and it's where calm truly lives.



## Practice

- 👣 Sit or stand with both feet flat on the floor.
- 💛 Take a slow, deep breath in through your nose.
- 🌿 As you exhale, press your feet into the ground.
- 👁️ Notice 3 things you can see, 2 you can touch, 1 you can hear.

## Reflection

💭 How does my body feel right now compared to when I started?

## STEP 2 · CALM THE MIND



When your mind is racing, it's your body's way of saying "I need to feel safe."

EFT Tapping helps quiet your thoughts and ease tension.



## Practice

Tap the side of your hand and say:

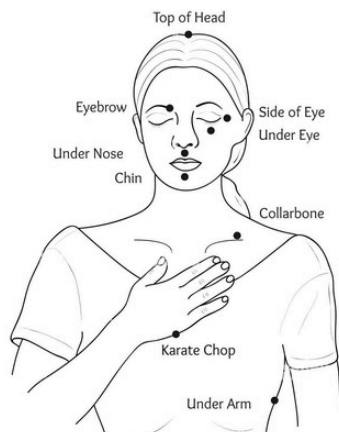
"Even though I feel overwhelmed right now, I choose to be kind to myself."

Move through the points (eyebrow, side eye, under eye, collarbone) and repeat:

"It's safe for me to slow down."

"I am doing my best."

"It's okay to rest."



EFT Tapping Points

♥ Repeat whenever your thoughts feel heavy. The more you tap, the easier calm becomes.

## STEP 3 · SHIFT THE ENERGY



Once your body and mind feel calmer, you can start shifting your energy from survival mode into a state of balance and clarity.

This is where small mindset shifts make a big difference.



### Affirmation

“Why is it safe for me to slow down and breathe today?”

### Journal

“What’s one thing I can release right now that doesn’t serve me?”

### Oil Tip

Use a drop of doTERRA Balance or Lavender to support calm energy and grounding.



# YOU'VE JUST GIVEN YOURSELF THE GIFT OF CALM 🌟

You've taken a moment for you and that matters.

The more you practise these steps, the more natural calm becomes.

You'll start to feel lighter, clearer, and more in control of your days.

If you'd love to explore what's really behind your overwhelm and release it for good, I'd be honoured to guide you through it.

 [Book your free 30-minute Discovery Call](#)

With love and light,

Nikki 🌱

Holistic Transformation Coach | Ribble Therapy

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