



BUSY BEE LIFE COACHING

# Mini Overwhelm Detox

Breathe • Brain Dump • Three Ps



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# The Mini Overwhelm Detox

Reset your mind.

Refocus your energy.

Move forward with clarity.



## Step 1: Breath.

### Regulate Before You React

Overwhelm starts in the body.  
Before you organize your thoughts...  
Before you tackle your to-do list...  
Before you push harder...

Breath.

Try this:

- Inhale for 4
- Hold for 4
- Exhale for 6
- Repeat 5 times.

As you breathe:

- Relax your shoulders
- Unclench your jaw
- Place both feet firmly on the floor

You are not behind.  
You are resetting.



## Step 2: Brain Dump:

Clear the Mental Clutter.

Clarity doesn't come from thinking harder.

It comes from emptying what's swirling in your head.

Use this space to write freely.

No organizing.

No filtering.

No judging.

Let it all out:

- What feels urgent?
- What feels heavy?
- What are you overthinking?
- What are you avoiding?

This is not about perfection.

This is about release.





Step 3:

Pause. Prioritize. Proceed.

Turn Clarity into Momentum

Now that your mind is more clear, it's  
time to move with intention.



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## Pause

Look at your brain dump.  
What truly matters today?

## Prioritize

Circle or list your top three priorities:  
Not everything deserves your energy right now.

## Proceed

Choose ONE of the three.  
Set a 15-minute timer.  
Begin imperfectly.

Momentum creates confidence.  
Action reduces overwhelm.

Pause. Prioritize. Proceed.  
That's how we get buzzing again.



