**Navigating Through Life: Feeling Overwhelmed**

**Infographic Description**

This image description is for the infographic “Navigating Through Life: Feeling Overwhelmed.” The infographic will give you information about how to cope when you feel overwhelmed. Brittany designed the graphic. You can find her at <https://www.inkybrittany.com/>.

The background color is purple. The text colors are different shades of purple and white. The information is scattered across the page in no particular order. From the top left, the text reads:

Feeling overwhelmed at times is normal. Talk to someone you trust--a family member, a friend, a coworker, or a counselor.

[Some pictures show a woman wearing glasses, another woman with short dark hair, and a woman with big hair sitting behind a desk. Another picture shows two people sitting down at a picnic table with an umbrella. One of them says “Thank you so much for getting together this afternoon. I really needed to get that off my chest.” The other person says “It’s okay to talk about your feelings.”]

Change your scenery. Go outside. Head to the park, Spending time in nature may relax you.

[A picture shows a drawing of an outdoor scene with trees, a bike path, and some hills.]

Write in a journal or create a video blog as an outlet if you feel you have no one to confide in.

[A picture shows a woman sitting at a table writing in a journal. Another one shows a man sitting in front of a computer. He’s recording a video. He says, “Hello y’all. Welcome back to my YouTube channel.”]

You’re on your own timeline. Don’t compare yourself to others. Be kind to yourself. Take a step back and try to pinpoint what is causing you to feel stress.

[A picture shows a woman sitting on her bed meditating.]

Taking time for self care is so important

[A picture shows a person lifting weights and another person spotting. Another shows a woman reading a magazine.]

Find other outlets for relieving stress. Some people feel better by volunteering and helping others.

[A picture shows a person in a wheelchair with a long handled brush, washing the outside of a house.]