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*Help, I'm Overwhelmed! Mindfulness Check*  
From the Mindfulness 101 series at [www.forwardethos.org](http://www.forwardethos.org)

Mindfulness is a great way to pause and step back in order to feel a renewed sense of calm in an overwhelming situation. Use this mindfulness checklist to help ground yourself to be able to move forward cautiously.

**Feeling Stressed or Overwhelmed?**

Let's start with a judgment check:

What judgments might you have in this situation? What are you labeling as "good" or "bad"?

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Rewrite your view of the situation, replacing "good" and "bad" with helpful or unhelpful, or effective or ineffective. Do you notice a change in your emotions?

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**One Thing at a Time**

Now, take time to note: How many things are you doing currently? Are you multitasking or trying to tackle multiple goals at once? If so, take some time to order everything by level of priority and start by doing only the first thing first.

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**Eyes on the Prize: What's Your Goal?**

Finally, but maybe most importantly, what's your goal in all this? What are you truly trying to accomplish? What do you want out of this situation when all is said and done?

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Try to accept the present moment for what it is, not trying to reject it or change it. It is your weather in the current moment – work with it, don't deny it. This will allow you to feel more empowered and effective, no matter how difficult the situation.



How Does Overwhelm Affect Your Life?

What do you think about it?
What do you feel about it?
What do you usually get in the way of it being?
What do you usually feel when it's not so good?
What do you think about it when it's not so good?
What do you think about it when it's not so good?

**VIDEO NOTE-TAKING WORKSHEET**

<b>Student Name:</b>	<b>Name of Video:</b>
<b>Background Knowledge:</b> Before the video, write anything you already know about this topic. <hr/> <hr/> <hr/> <hr/>	
<b>Main Points in this Video:</b> Record key points and details you learned from this video. 1. <hr/> <hr/> 2. <hr/> <hr/> 3. <hr/> <hr/> 4. <hr/> <hr/>	
<b>Vocabulary:</b> Jot down any new vocabulary terms you heard in this video. <hr/> <hr/>	
<b>Questions You Have:</b> Write any questions you still have about this topic. <hr/> <hr/>	

Adapted from "How the Common Core Works" Series, Jim Wright, [www.interventioncentral.org](http://www.interventioncentral.org)





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