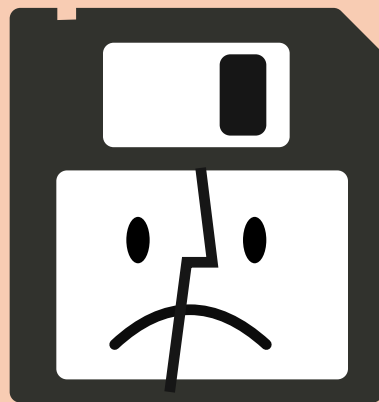


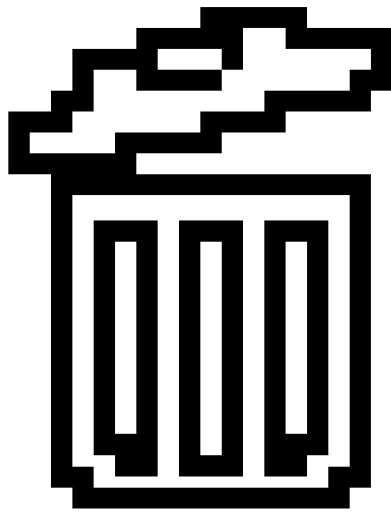
HELP! I'M FREAKING OUT

A guide by Megan Saxelby





Freak Out



Ughhh... I am stuck.
Everything feels
terrible. This sucks. I
feel frustrated,
overwhelmed, and
dumb.

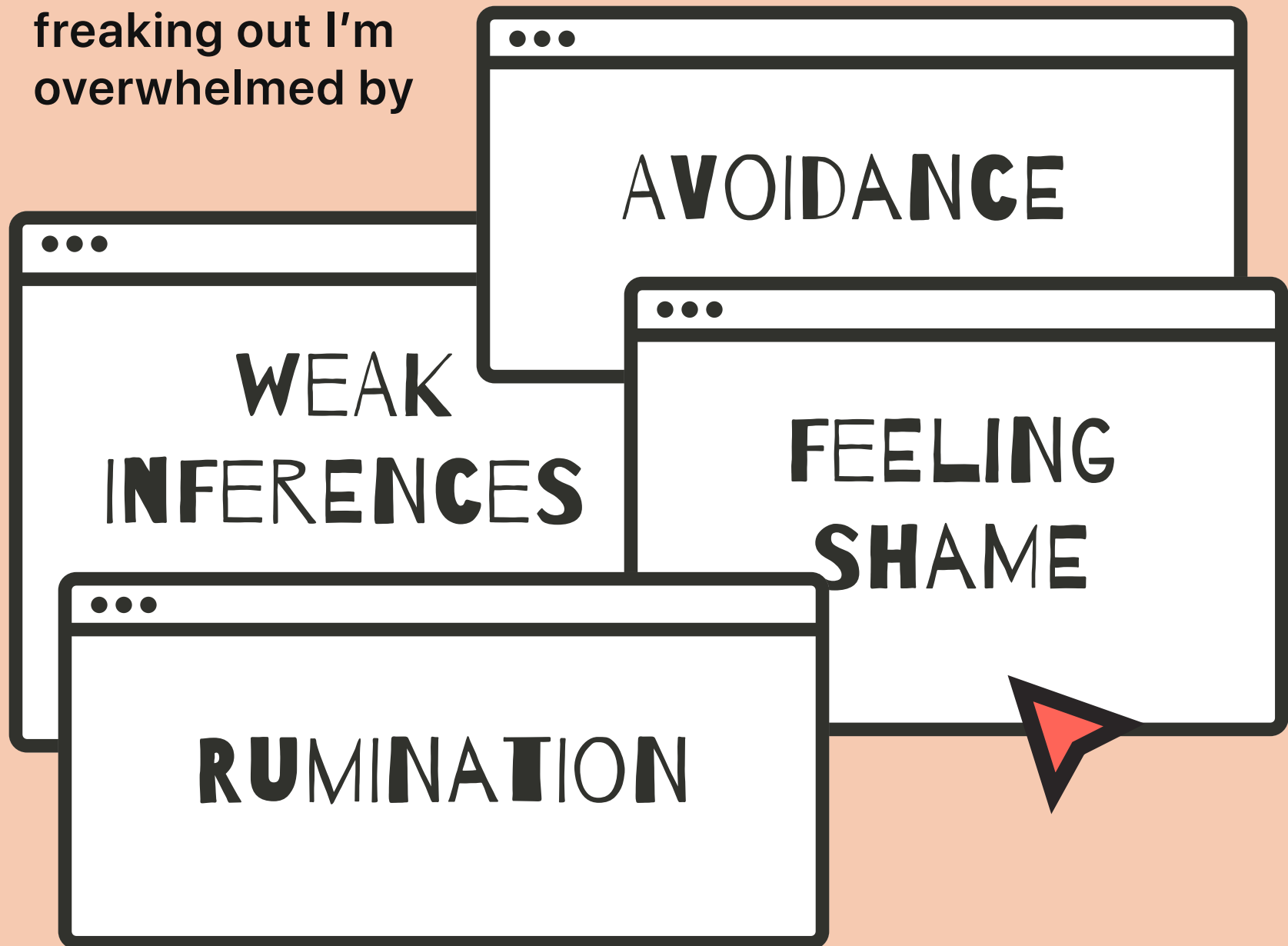
When this happens
you have two options

Freak out

Slow down



When I'm
freaking out I'm
overwhelmed by

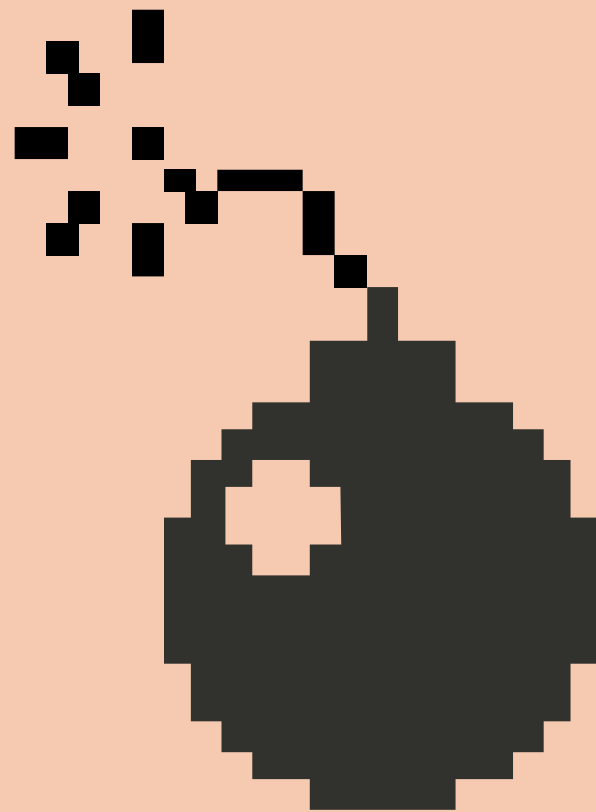


I think "I am a total imposter. This must mean I am a bad person. Failing or struggling means I am an idiot What is wrong with me?"

I get stuck in learned helplessness and feel like I am powerless.


When I find myself
feeling helpless,
powerless, and
overwhelmed I have to
remember.

Everyone freaks out. I
shouldn't feel bad about
it. Feeling shame will
make it worse. It's how I
respond that counts.



**MY FEELINGS ARE MY
FEELINGS AND
I GET TO HAVE THEM.**

HOW DO I SLOW DOWN?



What feelings am I feeling? Why am I feeling these feelings?

My mind racing is my brain trying to make predictions and process, I am not spinning out.

Feelings are real, but they are not facts. Feelings are temporary.

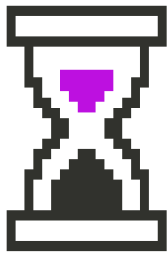
Taking initiative makes me feel in control.

Emotions feel like they are happening to me, but they are actually being made by me.

My brain is capable of change even though this sucks.



When you slow down



Do you choose to slow down?

No

Yes

You are choosing to get active with your emotions. You are choosing to get out of suck town so you can try and process that shit. You are choosing to regain some control, even if it's messy and hard.



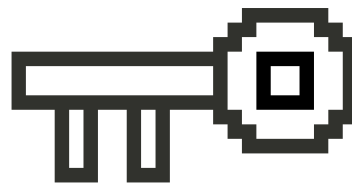
Control Pannel



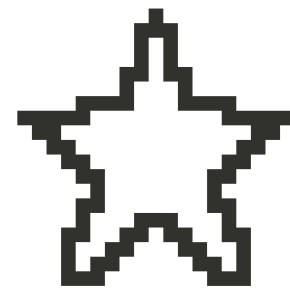
You need strategies to unpack your emotions. Life is going to send hard shit your way. Knowing how to take a breath, get meta, and process in those moments helps you: maintain control, have healthier relationships, be open to diverse points of view, lead with empathy, embrace vulnerability, create cool things, collaborate, and ultimately, kick ass.



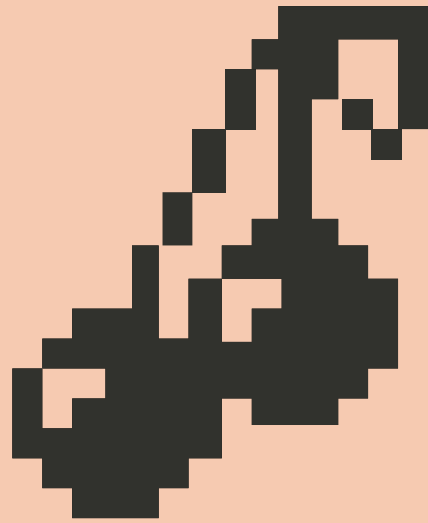
Kick ass



Collaborate



Create things



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