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OVERWHELM

We want to explore
different topics around
mental health and what
they mean to us as
young people!



BY YOUNG PEOPLE,
FOR YOUNG PEOPLE






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CHAPTER 1

OVERWHELM - WHAT IS IT?

This is when we feel we are unable to cope. We may experience too many difficult thoughts and feelings at once. These can feel very intense. This can make it hard for us to carry out daily activities and focus. Anyone can experience this, and it is completely okay to feel! However, for some it becomes more intense and lasts longer, which may be difficult to manage without support.



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CHAPTER 2

WHY MIGHT WE FEEL OVERWHELMED?

There are many reasons we may be feeling overwhelmed. However, sometimes it can be difficult to know why. Below are some examples, but remember it is okay if you don't feel they represent you, we are all different!

- Exam stress
- Bullying
- Social Media
- Sensory reasons (such as sounds or smells)
- Conflict
- Feeling anxious or low
- World events and news
- Changes in our lives and transitions

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CHAPTER 3

WHAT ARE THE SIGNS?

When we are feeling overwhelmed, it can often be difficult to notice. If we know what we are feeling, we can then begin to accept it, understand it and learn how to manage it. Below are some ways we might notice it in ourselves and others!

- More difficulty than usual focussing
- Struggling more at school or work
- Isolating more
- Eating more or less than usual
- Becoming more irritable or short-tempered
- Unexplained headaches or stomach aches
- Always needing headphones and fidgets

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CHAPTER 4

WHAT DOES THIS ALL MEAN TO US?

“IT HELPS ME TO
BREAK DOWN
WHAT I'M FEELING
INTO SMALLER
CHUNKS

“THE NEWS
OVERWHELMS ME,
IT HELPS TO NOTICE
THE NICE THINGS
AROUND ME
EVERYDAY

“BEING AUTISTIC,
I FEEL IT
WITH NOISES,
SMELLS AND
TEXTURES

“THERAPY HELPED ME
TO UNDERSTAND
IT WAS OKAY AND
LEARN HOW TO
MANAGE IT

“WHAT MAKES ME
OVERWHELMED MIGHT
BE DIFFERENT
TO OTHERS,
THIS IS OKAY

SPRING

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CHAPTER 5

OVERWHELM - HOW CAN WE MANAGE IT?

We know that feeling overwhelmed may feel impossible to manage. It is something that many young people experience and you aren't alone. We wanted to share our tips that have worked for us! Remember, it is okay if these don't for you!

TAKING BREAKS FROM THE NEWS WHEN IT IS NEGATIVE


IT HELPS ME TO TRY TALK TO SOMEONE I TRUST

I FEEL BETTER WHEN I'M IN NATURE OR DOING SOMETHING CREATIVE

I CREATED A SENSORY BOX FILLED WITH THINGS THAT HELP ME

PAUSING AND TRYING TO FOCUS ON WHAT IS AROUND ME WHILE BREATHING

WRITE DOWN WHATEVER IS IN MY HEAD EVEN IF IT DOESN'T MAKE SENSE TO ME



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CHAPTER 6

OVERWHELM - A MESSAGE TO YOU FROM US

We know that many young people today are feeling overwhelmed. Whether it is what we see in the world around us, things in our own lives or how our brains react to what is around us, it is completely valid to feel this way. Whilst it may feel scary, there are many people who understand, and there are ways to manage. We know that it might feel permanent, but take it from us, it won't last forever. YPAS is always here if you need that little bit of extra support.

We want you to know you are not on your own!



YPAS YOUNG PEOPLE, 2026