

When You Are Overwhelmed

(Aviate — Navigate — Communicate)

If nothing else makes sense, follow the order.

1. Aviate — Stay in the Body

You are not trying to feel better.

You are trying to stay.

- Put both feet on the ground
- Let your hands rest on something solid
- Let your breath move naturally (do not force it)

If the word relax is activating, do not use it.

Try instead:

- “At ease”
- or “Parade rest” (structured, supported, not rigid)

If you are in hyperarousal (Soldier):

- Shift from rigid → supported
- You do not need to soften everything, just reduce intensity slightly

If you are in hypoarousal (Slouch):

- Add sensory input to come back online:
 - Hold something cold or warm
 - Press your feet into the ground

- Name 5 things you can see
- Use pressure (hands, wall, chair)
-

Do not withdraw further. Add signal.

2. Navigate — Orient Without Analysis

Do not interpret the story.

Ask one question:

What state am I in?

- Soldier (tight, braced, urgent)
- Slouch (collapsed, heavy, distant)
- Singer (upright, supported, breathing)

No judgment. This is data.

3. Adjust — Smallest Possible Shift

You are not fixing the system.

You are making a minimal correction.

- Soldier → shift toward “parade rest”
- Slouch → come up just enough to be present
- Singer → stay there

Alexander Technique principle:

Notice → Inhibit → Choose

- Notice what your body is doing
- Pause instead of reacting automatically
- Choose the next small adjustment

Even a millimeter matters.

4. Reduce Task Load

You do not need insight right now.

Drop everything non-essential.

Ask:

What is the next small step?

Examples:

- drink water
- sit upright
- stand up
- eat something small
- send one message

That is enough.

5. Communicate

When possible:

- One sentence
- One person

Examples:

- “I’m not okay. I need help.”
- “Can you stay on the phone with me?”

If no one is available:

- Write it down
- Or say it out loud

Signal matters.

6. What Not To Do

- Do not solve your life
- Do not interpret everything

- Do not make irreversible decisions

Those come later.

7. What This Is

This is not processing.

This is not healing.

This is stabilization.

Staying in the body long enough for the next step to become possible.

8. After the Wave Passes

Even slightly:

- drink water
- eat something
- rest if possible

Later, when stable:

- What happened?
- What helped?
- What do I need next time?

That is the investigation.

Not now.

Final Instruction

You do not need to understand.

Just:

Aviate. Navigate. Communicate.

One step at a time.