

WORKSHEET: WHAT TO DO WHEN YOU FEEL NUMB OR DON'T FEEL ANYTHING AT ALL

Sometimes life can leave you so overwhelmed that you feel frozen or disconnected. That doesn't mean you're broken; it means you're human. The problems around us and within us can sometimes feel so big that our minds can't take them all in at once – and that's okay. This worksheet is here to help you check in, ground yourself, and take small steps toward feeling better.

How are you really feeling?

Circle anything that fits:

Helpless	Frustrated	Angry	Grumpy
Overwhelmed	Empty	Checked out	Annoyed
Sad	Zoned out	Lonely	I don't even know
Hopeless	Exhausted	Bored	Other: _____

What's on your mind?

Write or draw up to 3 things that have felt heavy lately.

Examples: family stuff, school pressure, news, friendships, climate change, feeling stuck...

Reconnect to the present moment

Try one of the grounding exercises below. Put a ☆ next to the one you tried.

Notice your 5 senses:

- 5 things you can **see**
- 4 things you can **touch**
- 3 things you can **hear**
- 2 things you can **smell**
- 1 thing you can **taste or imagine tasting**

Focus on your breathing:

Inhale for 4 seconds

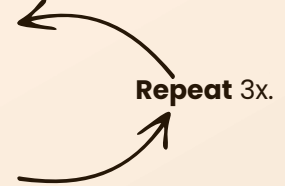


Hold for 2 seconds



Exhale for 6 seconds.

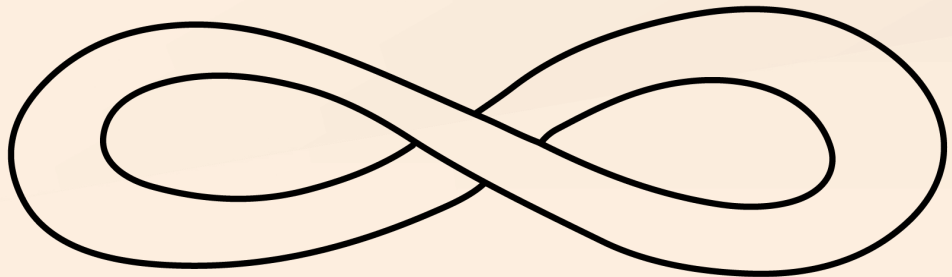
Repeat 3x.



Look out a window for 60 seconds
and observe the world around you.

Walk around the room or step outside.

Trace this figure 8
with your finger for
30 seconds.



How do you feel now? _____

Take small steps toward feeling better

When you're struggling, big changes can feel out of reach. That's why small steps matter: they're a powerful reminder that you're moving forward, even if it's just a little at a time. **Pick one small action to try from each section below (or make up your own):**

For your mind

- ☐ Listen to a calming song.
- ☐ Write a few sentences in a journal.
- ☐ Watch a silly video.
- ☐ Doodle or color for 5 minutes.

For joy

- ☐ Eat your favorite snack.
- ☐ Sing along to your favorite song.
- ☐ Look at a picture or think of something that makes you smile.
- ☐ Daydream about something you're excited for.

For connection

- ☐ Text someone "thinking of you" or send a funny meme.
- ☐ Ask someone how they're doing.
- ☐ Spend time with a pet.
- ☐ Hug someone you trust.

For your body

- ☐ Drink water.
- ☐ Stretch for 1 minute.
- ☐ Hug a pillow or blanket.
- ☐ Put your feet flat on the floor and notice the way the ground feels.

Turn down the noise

Sometimes, it helps to take a break from everything coming at you. **Try one of these strategies to feel less overwhelmed:**

- ☐ Unplug from news or social media for an hour (or the day).
- ☐ Unfollow accounts that stress you out.
- ☐ Write down one worry and fold it up.
- ☐ Do something *real* (draw, clean your space, go outside).

What matters to you?

When there is so much happening that you aren't sure what to feel, or can't feel anything at all, there are still things that matter. What's one thing that's important to you right now? It could be a value, person, object, activity, or something else entirely.

Write or draw it here:

Check-in

How do you feel *now*?

Circle anything that fits, even if it's just a little bit different.

Still numb
A little less heavy
Calmer
More in control

Ready for one more step
(*try talking to someone,
taking a nap, or
something else from the
"Small steps" section*)

Not fixed, but not frozen
Other: _____

✱ **If you're struggling to deal with life's challenges, 24/7 help is available.** ✱
✱ **Call 988 or chat online at 988lifeline.org.** ✱