
A FREE GUIDED RESET FOR THE ONES WHO CARRY A LOT

When You're Tired of Holding It All Together

A brief, grounded pause for capable people carrying more than anyone can see.



AUDREY N. THOMAS, LCSW

You do not have to fix everything in this moment.

When you are used to being the reliable one, even rest can become another task to perform correctly. Begin by noticing, not improving.

A sixty-second arrival

Put both feet on the floor. Let your shoulders drop. Name five neutral things you can see. Then ask: What is my body trying to tell me before my mind talks me out of it?

Right now, my body feels...

The thought taking up the most room is...

What I need most in the next hour is...

Not everything you carry belongs in the same pile.

Overwhelm grows when urgent, important, emotional, and borrowed responsibilities all feel identical. Sort before you act.

Mine to handle

What genuinely requires my attention or decision?

Mine to share

What can be delegated, discussed, or carried with someone else?

Not mine

What belongs to another adult, another day, or an outcome I cannot control?

One thing I can release today is...

Small does not mean insignificant.

Your next step does not need to solve the whole problem. It only needs to reduce confusion, create support, or move you toward steadier ground.

Choose one

Pause something. Ask one clear question. Tell the truth without over-explaining. Eat. Step outside. Send the message. Make the appointment. Let good enough be enough for today.

The smallest useful step is...

The person I can let in is...

What I am allowed to postpone is...

You are allowed to be a person, not just the person who handles it.

Keep this page somewhere easy to find. Return when competence has started to feel like armor and you need a quieter place to begin.

A sentence to keep

I can be capable and still need care. I can be responsible without carrying everything. I can take one honest step and let that be enough for now.

If you want somewhere to set more of it down:

Audrey offers private-pay telehealth therapy for adults in Idaho and Texas. Visit audreynicolettherapy.com to request a consultation.

Educational resource only. This guide is not therapy, medical advice, crisis care, or a substitute for individualized treatment. If you are in immediate danger or experiencing a mental health emergency, call 911 or 988 in the United States.