

SUPPORT WHEN YOU FEEL OVERWHELMED

Sometimes the challenges we experience can feel overwhelming, or we do not have the time to address them in the current moment in meaningful ways. These exercises help create distance, and/or contain a sense of overwhelm until you have the time, capacity and support needed.

TRY 'GROUNDING
FOR FIVE'



EXPLORE SOOTHING
PRACTICES



SCHEDULE AN
APPOINTMENT



HOW TO LOG IN TO FEAP FOR YOU:

UVA employees can log in through NetBadge. Employees of other organizations FEAP supports can create an account by clicking on the orange "Request an Account" button and use their work-associated email address.

REACH US



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