

Managing Overwhelm

When it comes to overwhelm it can be helpful to practice these skills ordinarily so they're more available to you. Also your quantity and quality of sleep will have a significant impact.

CHUNK IT DOWN

When feeling overwhelmed, break your tasks into smaller, more manageable steps to make them less overwhelming.

Tackling one step at a time can create a sense of accomplishment and reduce overall stress.

FOCUS ON WHAT YOU CAN CONTROL

Overwhelm often stems from worrying about things beyond your control; shift your focus to what you can directly control.

By concentrating on manageable actions and decisions, you regain a sense of agency and confidence.

TAKE REGULAR BREAKS

Incorporate short breaks into your routine to recharge your mental and emotional energy.

Stepping away from a task, even briefly, can improve productivity and reduce feelings of overwhelm.

CIRCUIT BREAK WITH SOMETHING YOU ENJOY

When overwhelmed, take intentional breaks to engage in activities you find enjoyable or relaxing.

These enjoyable moments act as circuit breakers, helping you reset and return to tasks with a clearer mind.