



OVERWHELMED WITH OVERWHELM

“When you start feeling an overwhelming amount of energy pile up on you, that is indicating that you need to put your devices down, relax, and detox. Take a step back for a second and get back to a grounded space.”

Robin S. Baker

Feeling overwhelmed can be a regular occurrence in the world we live in. “*Not enough hours in the day*” is a line we hear regularly.

Too often, we kid ourselves into believing we can control everything and we simply cannot. We waste precious energy exhausting ourselves. Overwhelm is having such a negative impact on our wellbeing.

Take a moment now to write down all the things on your mind which are causing you to feel overwhelmed. For example, an appointment you have not made yet, gifts to buy, upcoming events, a work issue, feelings of guilt, or any other worries.

Use the Sphere of influence on the following page to consider how you can handle the situations you have listed above.

1.If you have complete CONTROL over the situation. You can resolve it yourself without anybody else’s help or input, write it down within the first bubble ‘within my control.’

2.If you have PARTIAL control or you can INFLUENCE the outcome through your actions, then write this within the second bubble and move onto the next.

3.Finally, if the outcome is COMPLETELY OUT OF YOUR CONTROL or influence, then write this in the ‘everything else’ section.

Once you have identified the ‘overwhelming items’ on your mind, review your spheres of influence and identify the next steps.

1.TAKE ACTION (However small) on at least one of these items today. (The most important being the most applicable.)

2.For the items you have PARTIAL control over, write down some steps you can take.

3.If it is COMPLETELY OUT OF YOUR CONTROL, in the ‘everything else’ section. Strike these off. Strike them off boldly. Let it go. This is not always easy, but remember, you have no control here. It is a waste of your precious energy to allow it to take hold.

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Journal any other thoughts and feelings...
