

6 Strategies to help you when you feel overwhelmed



Practice relaxation techniques

Try some relaxation techniques to help recharge your spirit, such as deep breathing, meditation, body scan, positive affirmations, nap.



Create a plan

Simply writing out the simple steps you can take to help tackle the project is a great way to keep yourself from being distracted or scattered. *Note: Feeling distracted or engaging in procrastinating behaviour often leads to more overwhelming feelings.*



Get to the root of your fear

You can begin to question that fear and determine if it really should have as much power as you are giving it. *Examine: If you could label your fear as a percentage of probability what percentage would it be?*



Change your expectations

It is important to remember that everyone is different, everyone has their own capabilities, and every situation is subject to change. *Thus we need a simple shift: Expecting too much from yourself and others can cause you to not only become overwhelmed but also perpetually disappointed.*



One step at a time

Many times, step four relies on step one! Therefore, looking too far ahead can cause overwhelming feelings. So: *Create your plan but don't forget to take that plan one step at a time..*



Boost your energy

You may be surprised that you might be able to accomplish a lot more than you thought if you have a strong energy level to tackle it all. *Healthy energy boosters can include getting extra sleep; working out consistently; and eating healthy energy-rich foods.*