

Overcoming Overwhelm

Identifying where you are at on the overwhelm scale is an important first step in getting out of an overwhelm state. Determine what level of overwhelm you experience on a regular basis, and also what causes you to feel that way. Identifying the reason or story behind your overwhelm is also important, as this is the story that creates the overwhelm in the first place. This conversation in your head changes a long list of "to dos" or a lot of moving parts into OVERWHELM. Finally, identify how overwhelm feels in your physical body.

① On a scale of 1 to 10, 1 low/10 high, please rate your experience of following.

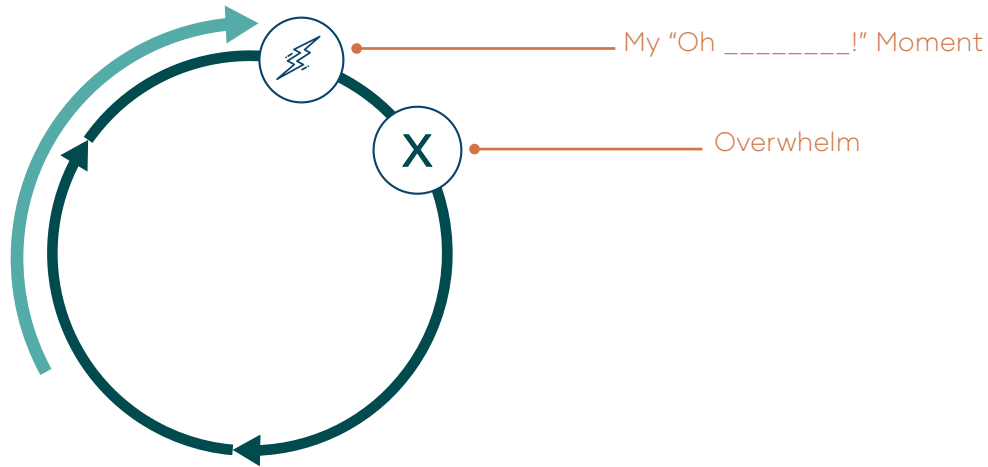
- a. I easily get overwhelmed.
- b. I regularly get overwhelmed.
- c. I identify as a perfectionist.
- d. I hold higher standards for myself than I would for anyone else.

② I feel overwhelmed because...

③ My story about this is...

④ To me, overwhelm feels like....

The Overwhelm Cycle



- ① The things I tell myself in this moment are:
- ② What happens for me just before is:
- ③ Tools I'll use when I notice I'm in overwhelm:
- ④ Tools I'll use to be overwhelm resistant:
- ⑤ What's possible for me in a life with 50% less overwhelm?