

Overcoming OVERWHELM

SHIFTING YOUR STRESS
TO SUCCESS



LIZ HAND
Pleasant Wealth



THE INVITATION



HOW TO JUMP OUT OF THE
OVERWHELM CYCLE



EMBRACING BOUNDARIES,
PRESENCE & ENERGY MGT



THE SUREFIRE ANTIDOTE
TO BURNOUT

BUT
MOSTLY...

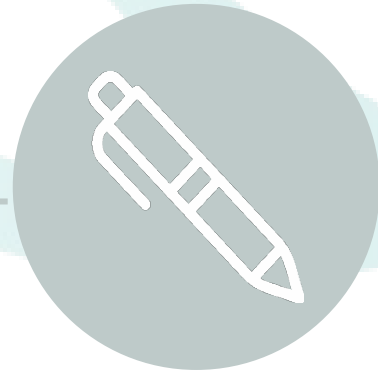
“ I want you to
feel more like this
everyday! ”



CHANGE JOURNEY



AWARENESS
Know the cycle and
your triggers



ANALYSIS
Separate facts
from personal
stories



ACTION
Have go-to
strategies



ACHIEVEMENT
Experience all the
success you can
envision

DEFINITION OF INSANITY



≠



Doing the
same thing
over &
over...

...and
expecting
different
results

THE BIGGEST DISCOVERY IN BEHAVIORAL SCIENCE IN 100 YEARS

events have no meaning, except the ones we give them



On average, we have
12,000-60,000 thoughts day

80% are negative

95% are repetitive



YOUR *Overwhelm* BENCHMARK

On a scale of 1 to 10, please rate your experience (1 low/10 high) & drop in the chat:

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

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.
- I easily get overwhelmed.
 - I regularly get overwhelmed.
 - I identify as a perfectionist.
 - 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...

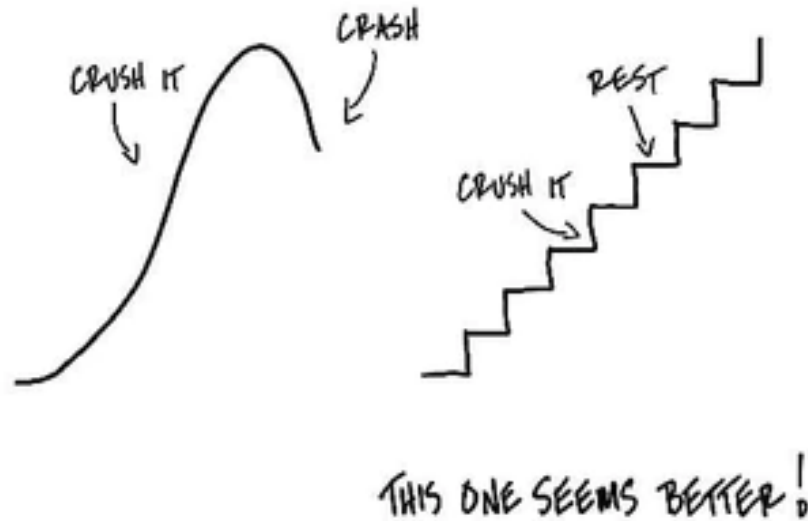


Why ARE YOU OVERWHELMED?

Answer question 2 now.

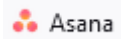
SOME REASONS WE ARE *Overwhelmed*

- We're expected to do more and more
- We are barraged 24/7 by endless sea of information and sources
- We haven't evolved as fast as our world
- We live in a constant state of stress
- We have more time and resources but feel more out of control than ever



BEHAVIOR GAP

"I got a message on Asana wondering if I'd received the DM they sent me on WhatsApp and could I update the chat string in Slack?"



YOUR
*"Overwhelm
Story"*
IS

FEAR

The
difference
between a
busy day
and an
overwhelming
day is tied
to your
overwhelm
story.



Your "OVERWHELM STORY"

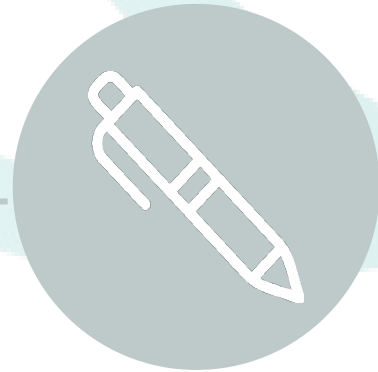
- Lives in the past or future
- Is not fact-based
- Doesn't set you up to win
- Is designed to protect you...
but doesn't actually work.

Answer question 3 now.

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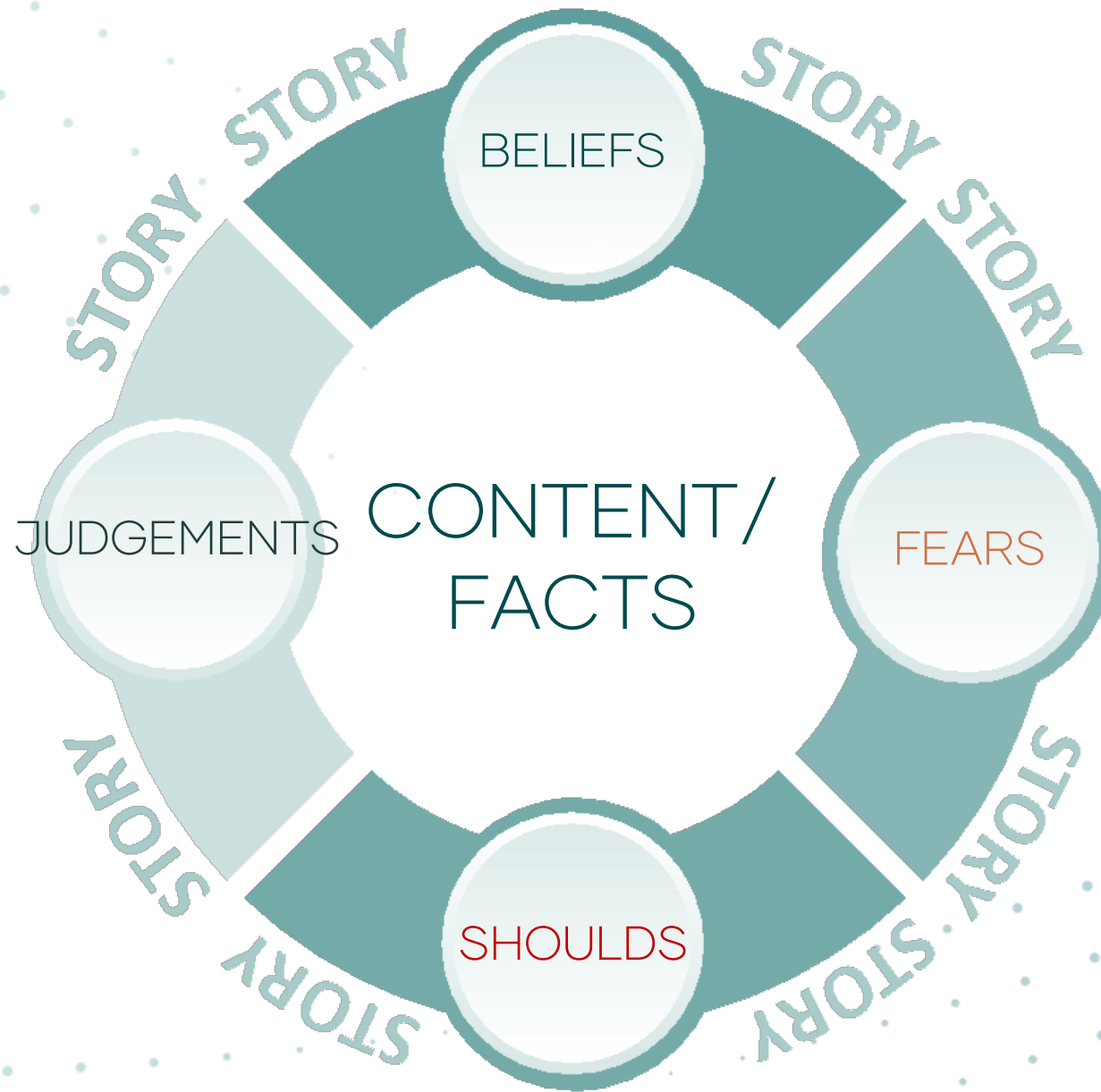
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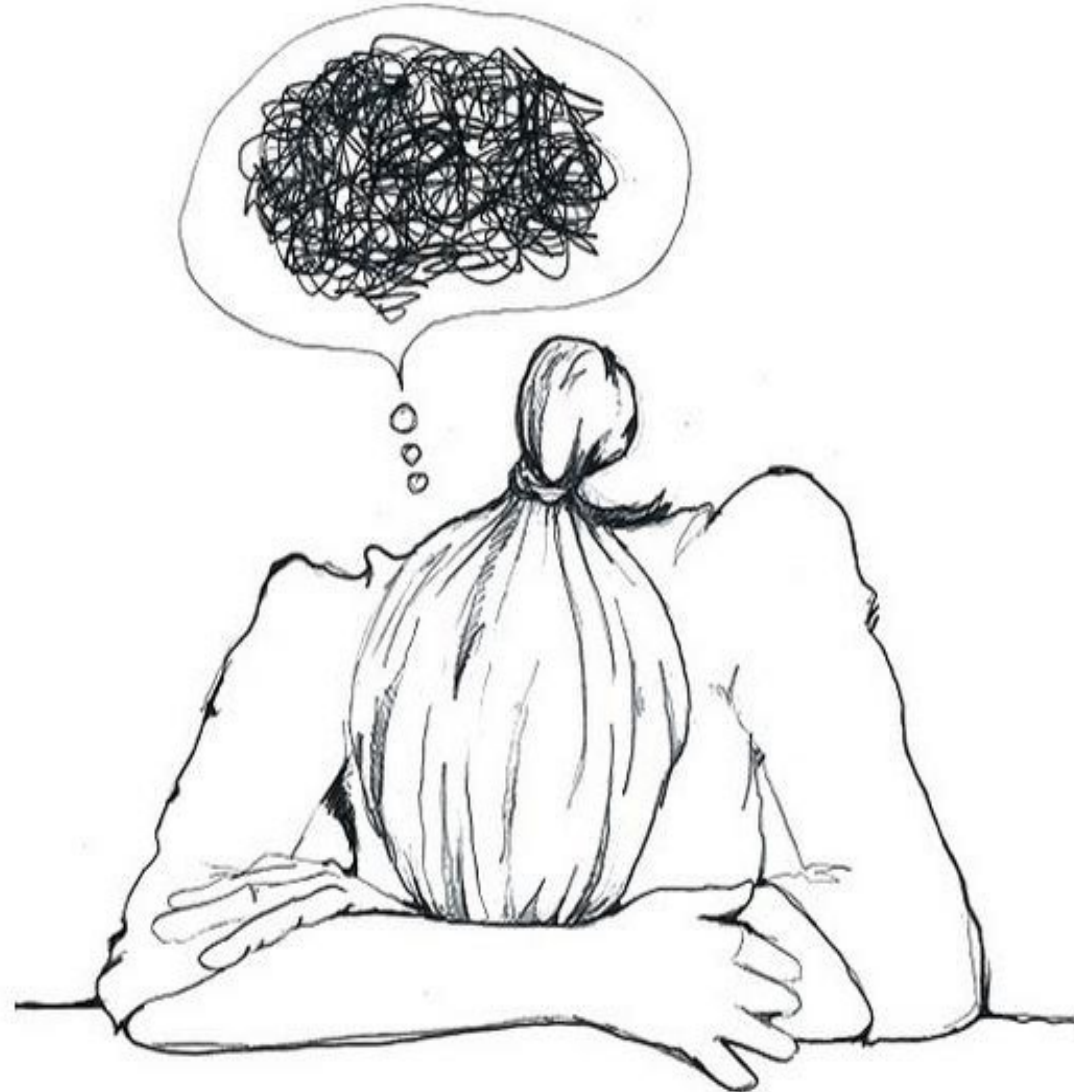
ACHIEVEMENT
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What does overwhelm feel like?

crushed
defeated
drowning
inundated
swamped



overrun
smothered
frantic
burnout
buried



Answer question 4 now.

Time to Step Into Your Stories.

Who wants to volunteer?

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What
ARE YOUR
CURRENT
STRATEGIES?

- Powering through
- Working longer
- Denial
- Multi-tasking
- Grow arms



HOW DID WE GET HERE?

By age 35, you are a 95% hard-wired set of pre-programmed behaviors

BRAINS FOCUS ON NEGATIVE
BY FACTOR OF 7 TO 1

Average adult spends 70%
of time in a stress-state



A scenic view of tall, dark rock formations in a forest. The rock formations are tall and narrow, with some trees growing on top. The sky is overcast and grey. The text "JUST Breathe" is overlaid in white, with "JUST" in a bold, sans-serif font and "Breathe" in a cursive font.

JUST *Breathe*

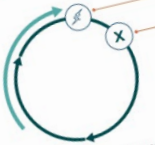


How DO YOU WANT TO FEEL INSTEAD?

Clear
Calm
Flow
Peace
In control
Paced
Capable
Strong
Empowered
Confident
Grounded

THE *Overwhelm* CYCLE

The Overwhelm Cycle



1 The things I tell myself in this moment are:

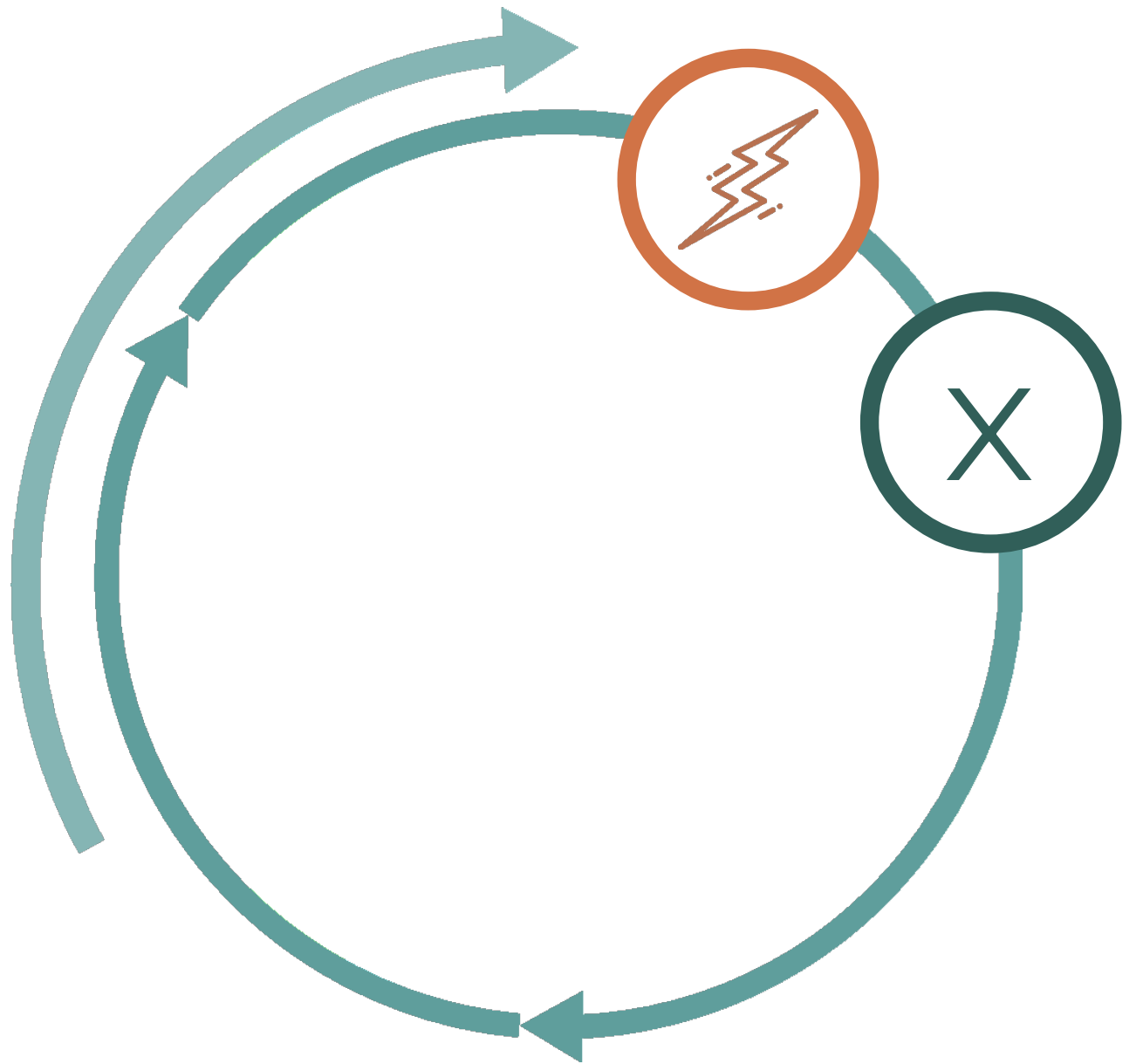
2 What happens for me just before is:

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?

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Answer questions 1 & 2 now.

Tools FOR WHEN YOU'RE IN Overwhelm

- Breathe (there's a reason this one is first)
- Get out in nature
- Walk around or sit in a different space
- Take a break
- Do one easy thing
- Keep OMM lists (On My Mind)
- Put your phone in airplane mode
- Identify the story that's got you
- What boundaries are missing or need to be put in place
- Focus on progress not perfection
- Clean your desk
- Create instead of consume
- Ask for help

Answer question 3 now.

Tools TO BECOME Overwhelm Resistant

- Say "no" more than you say "yes"
- Track your time for a week
- Reduce noise
 - Uninspired media, entertainment, etc.
 - Multiple authority figures
- Put structures in place
 - One calendar and everything is on it
 - Sanebox
 - Boomerang
 - Chunk your time
- Leave the magical thinking to Hermione

Answer question 4 now.

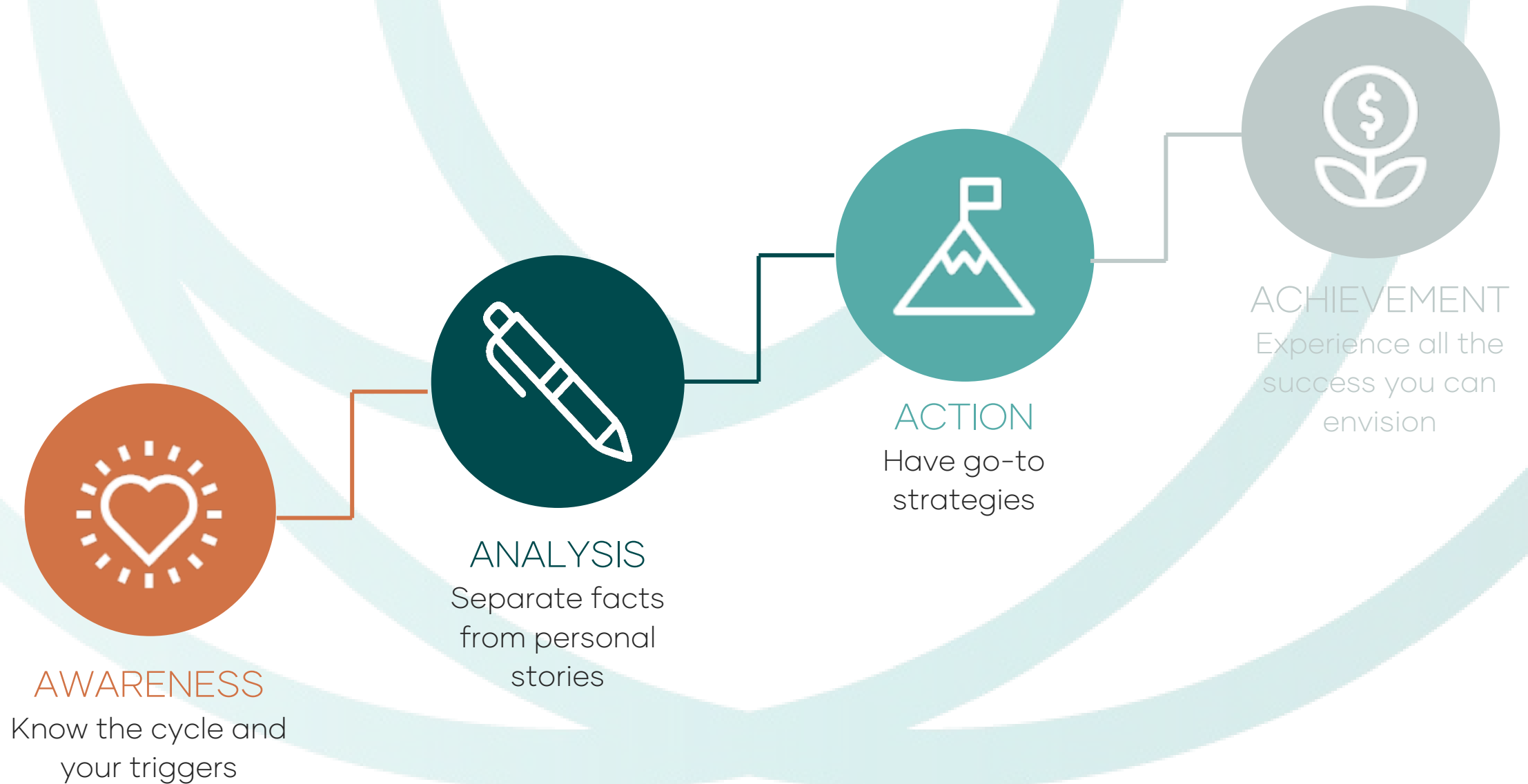
A wooden spoon and a wooden handle are resting on a rustic wooden surface. The spoon is in the foreground, and the handle is behind it. The background is a dark teal color with a faint, repeating pattern of the wooden spoon and handle.

UP YOUR *Self-Care*

- ✓ SLEEP: 7 hours minimum
- ✓ EXERCISE: 3 - 5 times a week
- ✓ MEDITATE: Work up to 20 minutes a day
- ✓ EAT WELL: The closer to its natural form, the better
- ✓ DISCONNECT: Less tv, wine, screens,
- ✓ DRINK: More water

Answer question 4 now.

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Reset YOUR MIND

What's possible
with 50% less
overwhelm in
your life?

Answer question 5 now.

Think of A TIME YOU
MANAGED THROUGH
the Impossible





LEARN MORE

- The Case for Doing Nothing, Olga Mecking
- How Mindset Drives Success And The 7 Freedoms Of Limitless Advisers Stephanie Bogan (Kitces Article)
- Essentialism: The Disciplined Pursuit of Less, Greg McKeown
- How to Own your Own Mind Napoleon Hill
- Unf*ck Yourself: Get Out of Your Head & Into Your Life, Gary John Bishop
- Mindset: The New Psychology of Success, Carol Dweck
- The Power of Habit, Charles Duhigg



ADAPT & APPLY

- Read the "Overcoming Overwhelm Guidebook" to manage, address and avoid overwhelm before it occurs
- Identify Overwhelm triggers
- Identify tools for avoiding and breaking overwhelm ; see "Well Being: Places to Look"



TAKE ACTION

- Use the Overcoming Overwhelm worksheet to identify your overwhelm triggers and break the cycle
- Implement Business Planning, Time Blocking, Meeting Surges and Quarterly Business Reviews to ensure you don't take on too much
- Commit to a model schedule and follow it.
- Run Client Profitability Analysis and update Client Service Model to ensure client base is manageable and profitable



LIMITLESS Q&A