



OVERWHELM:

7 Steps To Overcome & Eliminate It

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Overwhelm can be a situation that you face or encounter when you have a lot on your plate at one particular moment...

If you're feeling overwhelmed you may experience nervousness, hot flushes, feeling as though you don't have enough time, frustration, and so much more!

The thing to consider, is that 99% of the time overwhelm is the story you tell yourself...

If everything stopped around you, "overwhelm" itself often doesn't exist... Yet the story you're running enhances the feeling of being overwhelmed.

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1

Take a moment to
take 3 deep breaths.



Get a blank piece of paper –
and brain dump
EVERYTHING on your mind...

2



3

Bring attention to your
awareness by asking
*“What’s the story I have been
telling myself which has led to
this feeling of overwhelm?”*



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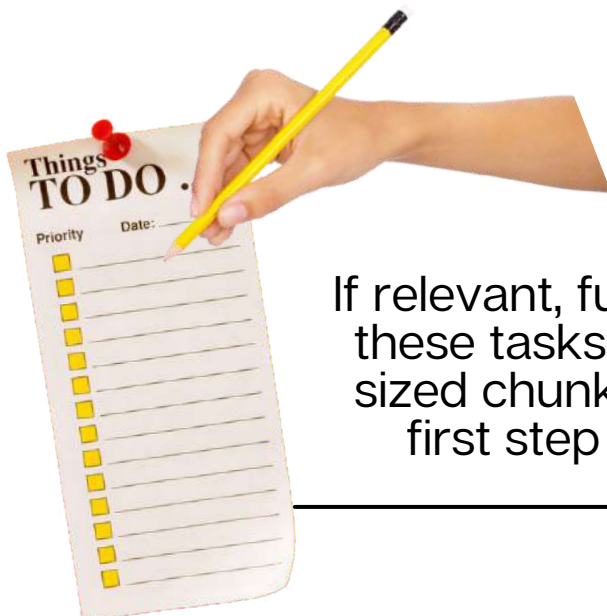


Cross out all of the things that are affecting your state and feeling of overwhelm that are **outside of your control.**

4

There will always be things that affect you – understanding that some things are within your control, and others are outside of your control and what you do with this fact can dramatically affect your experience with the circumstance. Realising that you can choose to only FOCUS and CHANGE the things within your realm of control allow you to take control of your power, and specifically give your energy to what you can directly impact.

5 Circle the top 3 most important things/tasks that need to be done today.



If relevant, further break down these tasks/actions into bite sized chunks and, take your first step - **take action.**

6



7 Once you've built a bit of momentum and started taking action, review the rest of the list and highlight which ones fit where:



- **Defer** - Now or later. If not urgent and/or important, defer until later.
- **Delegate** – Do you have to be the one to do this – can you delegate and seek support from someone to help you/alleviate the pressure.
- **Delete** - Is it actually important, and does it need to be done? If not, remove it.
- **Do** - Take action.

Remember, often overwhelm is the story you tell yourself which keeps you stuck and recycling...

Now that you've taken a moment to explore, express and take action... how does it feel?

Change your story, change your life!

Go get it!

