

# 10 COPING STRATEGIES For Overwhelm And Overwhelming Times

## MANAGE OVERWHELM-INDUCING THOUGHTS

Focusing on the unpredictability of life or allowing your thoughts to get out of control, creates more stress. Start by thinking more positive thoughts in order to generate more positive emotions and actions.

## LET THE BALL DROP

You cannot juggle everything and you shouldn't have to. In this case, dropping the ball is about focusing on what really matters and letting go of everything else by managing your time more effectively.

## BUILD BOUNDARIES

An effective way to manage stress because boundaries help you fight the urge to spread yourself too thin. Know your limitations. Be honest and direct with yourself, and others. Permit yourself to say no!

## TAKE IT ONE STEP AT A TIME

You can only move one step at a time and if you are trapped in overwhelm it will feel as though you're drowning in quicksand. All of this is only temporary. Your to-do list can wait.

## A MOMENT OF MEDITATION

## FORGET THE WHAT IFS

What ifs cause more stress and keep you stagnant. Instead of asking what if start asking what next?

## POSITIVE DISCONNECTION

Sometimes, the best thing you can do to manage your stress is to disconnect from the world and go off-grid to get your stressors under control.

## IDENTIFY STRESSORS

Identification puts you in a better position to cope with overwhelm. Consider: emotional, familial, work related stressors along with changes in your life and any physical stressors, like pain or illness.

## BUILD A PLAN

Take a look at the list of stressors you created and make a plan for solutions that will eliminate or reduce the intensity of the stress.

## BE REALISTIC

Giant to-do lists impossible to complete, add stress. Be ambitious with your goals but be realistic with the time it will take to get there.