

4 Powerful Methods to Stop Feeling Overwhelmed

When we feel overwhelmed from external or internal pressures, it's like we're signalling to our brains that our demands outweigh our resources. This can trigger the stress response, and if it continues long enough, it could lead to physical symptoms of anxiety as well as low mood and energy. The good news is that we can help ourselves stop feeling overwhelmed by developing our mental wellness skills.

1) Adopt The One-Focus Mindset

Will Try Use Again? (Y/N)

Try the STOP technique:

- **S**top and pause what you're doing.
- **T**ake a slow, deep breath.
- **O**bserve your thoughts, emotions, and physical sensations.
- **P**roceed with a one-thing focus.

Will Try Use Again? (Y/N)

2) Adopt The Can-Control Mindset

When we adopt a can-control mindset, we see meaningful and lasting differences in our well-being, health, and performance. Experimenting with writing down tasks or using productivity apps can help us shift our focus to what we can control.



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3) Practise Relaxation

Will Try Use Again? (Y/N)

If you've started to feel physical effects from ongoing overwhelm, calming down our overactive sympathetic nervous system by activating our parasympathetic nervous system (our relaxation response) is essential to feeling calmer. Relaxation is a skill. Practise makes progress, and different things work for different people.

4) Express Feelings

Will Try Use Again? (Y/N)

Expressing our feelings and talking about it with others is a powerful, in-built biological instinct for reducing stress.

Apps such as 7 Cups and Pacifica can help you connect with others anonymously.

Writing in a journal has also been shown to be powerfully therapeutic.

Notes

