4 Howerful Methods to Stop Feeling Dverwhelmed

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

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Will Try Use Again? (Y/N)

Try the STOP technique:

- Stop and pause what you're doing.
- Take a slow, deep breath.
- Observe your thoughts, emotions, and physical sensations.
- Proceed with a one-thing focus.

2) Adopt The Can-Control Mindset

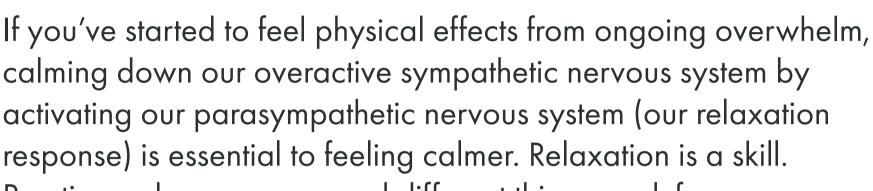


When we adopt a can-control mindset, we see meaningful and lasting differences in our well-being, health, and performance. Experimenting with writing down tasks or using productivity apps can help us shift our focus to what we can control.

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Use Again? (Y/N) Will Try

3) Practise Relaxation



Practise makes progress, and different things work for different people.

Will Try Use Again? (Y/N)

4) Express Feelings

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 us connect with others anonymously. Writing in a journal has also been shows to be powerfully therapeutic!

Notes