

Tips to Manage Overwhelm

Feeling overwhelmed is a **common experience**, especially in today's **fast-paced world**. Whether it's due to work, personal responsibilities, or unexpected events, here are some **strategies** to help manage and **reduce feelings of overwhelm**.

B – Belonging: Connect with Others

Talk to Someone: Share your feelings with a trusted friend, family member, or mentor. A strong support system can help you feel understood and less alone.

Seek Professional Support: If overwhelm persists, consider seeking guidance from a therapist or counsellor.



E – Expression: Acknowledge and Process Your Feelings

Name and Tame your Emotions: Practice openly sharing your thoughts and feelings with those you trust, as this helps to tame the emotion.

Relaxation Techniques: Use mindfulness meditation, deep breathing exercises, or visualisation to calm your mind and manage stress.

A – Accomplishment: Focus on Achievable Goals

Prioritise and Organise: Write down everything you need to do, using lists or digital tools to clear your mind and stay on track.

Celebrate Small Wins: Recognising progress, even small achievements, can boost motivation and confidence.

C – Curiosity: Foster a Growth Mindset

Stay Open to Learning: Engage in new experiences and seek knowledge to maintain a sense of growth and purpose.

Reframe Challenges: View obstacles as opportunities for learning rather than barriers to success.

H – Hope: Maintain a Positive Outlook

Focus on the Bigger Picture: Remind yourself that stressful moments are temporary and that setbacks can lead to growth.

Practice Gratitude: Regularly reflect on things you're grateful for to shift your mindset towards positivity.

