



AFFIRMATION

I address and manage my overwhelm.



KEY TAKE AWAYS

- Overwhelm is an intense internal struggle to cope with the on-going chaos and madness that can fill your day.
- When you are overwhelmed you feel out of control, like you are drowning, or unable to move forward.
- You can try to run away from overwhelm or you can face it head on by identifying the causes and deciding what you will do about it.
- Four things that help you move from overwhelm to a healthy balanced state are 1) clear boundaries, 2) firm priorities, 3) creative responses, and 4) a change in environment.
- When you proactively manage your overwhelm, you are choosing health and happiness.



CURIOUS QUESTIONS TO ASK YOURSELF

- What happens to my relationships when I am overwhelmed?
- What work habits do I have that increase overwhelm?
- How am I showing up as a leader when I am overwhelmed?
- How can setting boundaries and priorities keep me from feeling overwhelmed?
- How do I manage team members who tell me they are overwhelmed?



“You can’t calm the storm...so stop trying. What you can do is calm yourself. The storm will pass.”

TIMBER HAWKEYE



My commitment to managing overwhelm is...
