

# HOW TO DEAL WITH BEING OVERWHELMED

Emotional overwhelm entails more than being stressed. By definition being emotionally overwhelmed means to be completely submerged by your thoughts and emotions about all of life's current problems, to the point where you lack productivity and feel frozen or paralyzed.

## PRACTICE MINDFULNESS

Take a few deep breaths. Notice your behavior and feeling without judgment or reaction.

## LABEL AFFECT

This is a "neuroscience" way of saying: Name what you're feeling. "I am feeling (nervous/anxious/stressed/overwhelmed)."

## REFRAME YOUR THOUGHTS

Change your mindset to see your current situation from a different perspective. View your stressful situation as a challenge you have prepared to overcome.

## SHIFT TO EXCITEMENT

From a biological perspective, feeling anxious is much the same as feeling excited: rapid breathing, wide eyes, sweaty palms, fast heart rate.

