



Dr Rebecca Ray

Overcoming Stress, Overwhelm and Exhaustion

FROM FLOODED TO FOCUSED











Understanding overwhelm and its impact

How do you know that overwhelm is having a negative impact on you?



Identifying personal triggers for overwhelm

Can you identify what the triggers are that push you into overwhelm?	



Defining your own work/life rhythm

What does your work/life rhythm look like for this season of your life?



Healthy boundaries for personal empowerment

Where can your boundaries be strengthened to protect you from overwhelm?	



Effective decision making and task management

Where are you overwhelming yourself with too many decisions or choices? Where can you create more space in your life?



Time management strategies

Traffic Light Calendar:
Colour code the meetings in your calendar to match the following:
Red: a draining activity that may be necessary or leaves you feeling drained, e.g. work, commuting, etc.
Orange: an activity which neither leaves you feeling drained or fills your cup. You feel neutral about it, e.g: showering, taking out the recycling, etc.
Green: an activity which fills your cup and leaves you feeling energised and positive, e.g. seeing friends and family, going to a music concert, etc.
If you were to colour a typical weekly calendar in your life, is there enough green time to replenish your red and orange time? If not, where could you make adjustments? What do you notice about your current calendar?



Goal setting and prioritising values

Where (if anywhere) are you using goals as a weapon against yourself? How could you re-align with your values instead to show where to direct your energy?		



Tiny habits for big self-care

What's one habit that you could introduce to your day that would make a big to reduce overwhelm?	difference



Mindset management

Are you speaking to yourself as you would a friend? If not, write ten things you would say to yourself if you transformed your criticism into kindness:		



Leaning on your support crew

Who is in your support crew? Who else do you need in your support crew? Is there anyone you need to remove from your crew?	







