Dealing With Overwhelm



FROM FLOODED TO FOCUSED

BROUGHT TO YOU BY



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Dr Rebecca Ray is a clinical psychologist, bestselling author and speaker who helps big-picture-thinking people master their psychology. Over the support series of two decades, she has encouraged thousands of humans making an impact on the world to live a life that's fulfilling, unapologetic, and free.

Beck's expertise as a professional zig-zagger sets her apart as one of Australia's most in-demand and authoritative voices in the personal development space. Her sciencebacked, hard and heart truth approach is uniquely informed by her pivots from pilot to psychologist, from dating men to marrying a woman, and from being burnt out to bestselling author.

She lives in the soul-fed hills of the Sunshine Coast in Queensland with the great loves of her life: her wife Nyssa, son Bennett, and two rescue Irish Setters.

She is the author of:

Difficult People Good, Great, Perfect Small Habits for a Big Life Believe Setting Boundaries Breakthrough The Art of Self-Kindness The Universe Listens to Brave Be Happy

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Understanding overwhelm and its impact

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

Life has many ways of testing a person's will, either by having nothing happen at all or by having everything happen all at once. ~ Paulo Coelho

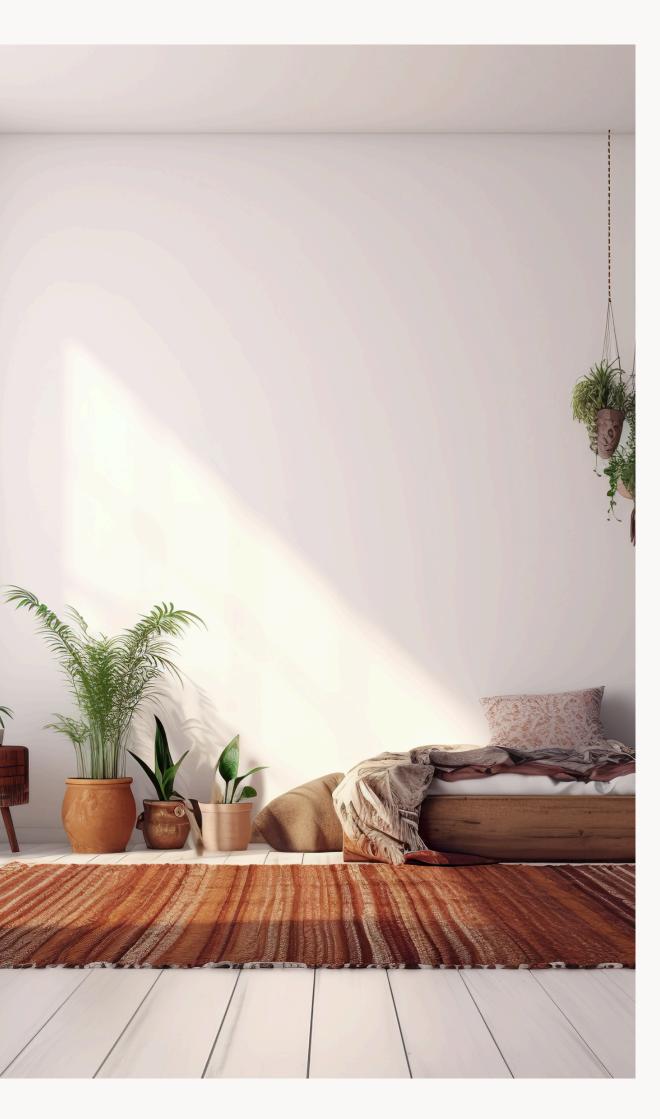


Episode 2

Identifying personal triggers for overwhelm

What are the triggers that push you into overwhelm?

You can't calm the storm, so stop trying. What you can do is calm yourself. The storm will pass. ~ Timber Hawkeye



Episode 3

Defining your own work/life rhythm

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

Anxiety happens when you think to have to figure out everything all at once. Breathe. You're strong. You got this. Take it day by day. ~ Karen Salmansohn



Episode 4

Effective decision making and task management

Where are you overwhelming your elephant with too many decisions or choices?

The secret of getting ahead is getting started. The secret to getting started is breaking your overwhelming tasks into small manageable tasks and then starting on the first one. ~ Mark Twain



Time management strategies

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?

When it hurts — observe. Life is trying to teach you something. ~ Anita Krizzan



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Goal setting and prioritising values

Where are you using goals as a weapon against yourself? How could you use values instead to show you where to direct your energy?

Some days you will feel like the ocean. Some days you will feel like you are drowning in it. ~ Laura Mathis



Episode 7

Healthy boundaries for personal empowerment

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

Sometimes when you're overwhelmed by a situation – when you're in the darkest of darkness – that's when your priorities are reordered. ~ Phoebe Snow



Episode 8

Tiny habits for big self-care

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

Many of us feel stress and get overwhelmed not because we're taking on too much, but because we're taking on too little of what really strengthens us. ~ Marcus Buckingham



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:

Don't give up now. Chances are your best kiss, your hardest laugh, and your greatest day are still yet to come. ~ Atticus



Episode 10

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?

When you do nothing, you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better. ~ Unknown