

# Dealing With Overwhelm



FROM FLOODED TO FOCUSED

BROUGHT TO YOU BY

**Dr Rebecca Ray**



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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 science-backed, 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](#)

# Dr Rebecca Ray

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# Episode 1



# Understanding overwhelm and its impact

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

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

*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?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*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?

[illegible]



*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?

[illegible]

*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*



# Episode 5



# 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?**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

*When it hurts — observe. Life is trying to teach you something.*

*~ Anita Krizzan*



# Episode 6





# 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?**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*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?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*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?**

This image shows a single sheet of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the paper.

*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



# Episode 9



# 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:**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

*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?**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*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*