

OVERCOMING OVERWHELM

It would seem that there are demands and needs coming at many of us from all sides. Cell phones ringing, texts, the phone, faxes, email and of course, in person. Not to mention billboards and the internet. Unlike ads for which we can turn the page or turn off on T.V., the ones online are targeted and may be quite literally following us!



What to do? Well it would seem that at least a bit of time to shut off, shut down, retire, or rest would be in order. Possibly even an electromagnetic break where we see how long we can last without turning to our phone, text or email. Barring emergency communications, it would seem we may all need to have time we know we are on break, that no news can reach us, or no bad news anyway, as in the case of newspaper headlines.

It can get overwhelming to always have something to do. To always have someone to answer to, or to respond to. It can be a lot to always have to be getting something done or finished, or even started. Many people begin to feel that they aren't good enough. Their homes aren't clean enough or their family isn't taken care well enough. Or that they don't look good enough or have enough time to get in shape. Some people have no time for self care or doctors appointments.

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one."

-Mark Twain



IT'S OK To...

- Eliminate some electronic devices to reduce the constant distraction.
- Eat easier meals or make cleanup easier through better organization.
- Do less socializing or accept less invitations until we get a bit caught up in our own lives.
- Be less of a perfectionist and be a "good enough" parent with a "good enough" life.
- Network and use resources to get help and support.
- Learn how to prioritize, say "no" and take care of yourself!



The best thing to do in these cases is to delegate when possible, share the work, ask for help, try new time savers and prioritize. We may not be able to do everything now but we can do so over time. Whatever isn't a must do may need to be relegated to the bottom of the list so our priorities can be met. For example, medical and health care are priorities. Making sure our survival needs are met. Making sure stress levels for our families are noted and regulated. And making sure budding problems and challenges are dealt with when small so they don't escalate.

"Much of the stress that people feel doesn't come from having too much to do. It comes from not finishing what they've started." -David Allen



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"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."
-Christopher Reeve