

# Overcome Overwhelm

## A CHECK LIST

**Do you need to chunk it down? Ask yourself:**

Is my goal too vague?

Is my goal too grand?

\*Sometimes we stop ourselves or give up on ourselves if a goal feels too big or too vague. The key here is to get specific and then split the process up into smaller attainable goals, taking one step at a time.

**Is your focus where it needs to be? Ask yourself:**

Am I stressing about what I can't control? (Other's actions, deadlines, who my family is, etc.)

Have I remembered what I can control? (my actions, my effort, my attitude, etc.)

\*Sometimes we want to give up or give in because we feel there is nothing we can do about a situation. There is no need to put our focus on things out of our control. But there will always be things within our control. Focus on that instead and you'll find things are more attainable this way.

# Overcome Overwhelm

## A CHECK LIST

**Is your body asking for a break? Ask yourself:**

- Did I get enough sleep?
- Have I moved my body in the last few days?
- Am I hungry?
- Do I need to take a 15 minute break? I could...

write down my affirmations  
stretch  
meditate  
play a sport  
take a walk  
listen to music  
write a song

exercise  
have a healthy snack  
draw  
take a shower  
write a letter  
talk to a friend  
do yoga

write in my journal  
color  
paint  
build something  
play an instrument  
take a nap  
cook/bake

Reall all my wins so far, small or big

**Do you need a fresh perspective? Ask yourself:**

- Have I tried a different approach?
- Have I asked for help?