

Three Steps to Break the Cycle of Overwhelm

Hi, I'm Suzy!

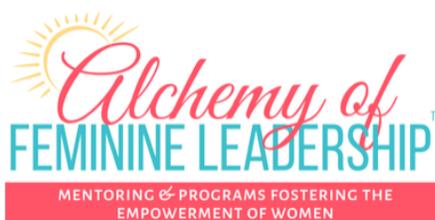
I used to be the Queen of multi-tasking. I moved fast. I kept on top of everything. I was a very involved mom and my retail business was expanding rapidly. I served on three different non-profit boards (all at the same time), kept my house tidy, the weeds pulled and I never stopped. I was doing everything "right" but yet, I was so overwhelmed and struggling to keep it all together.

Sound familiar?



The following are all traits that busy, overwhelmed women I interviewed from all over the world share. If any of these describes you, then you are in the right place.

- They were tired (if not downright exhausted) and finding it increasingly difficult to get going in the morning. Impossible without caffeine.
- These women were beginning to isolate themselves socially - too tired to go anywhere.
- They said "yes" to volunteer requests not because they wanted to, but because they felt obligated.
- They gained weight, were experiencing digestive issues and even skin problems.
- They were easily pushed to the emotional edge – that tipping point and felt anxious most of the time.
- Falling asleep was difficult and waking up at 3:00 am happened often.
- They were feeling resentful of other people who were not stepping up to the plate like they were.
- Life held many good moments, but the underlying feeling was of being stuck in a rut.
- The statement "I'm so busy", was on a loop.



There is a better way!

Three Steps to Break the Cycle of Overwhelm.

Step 1: Take Ten - Quiet Your Active Mind

It's simple, feels so good and it's a very important step in training your brain to relax, because the truth is, years of being busy has literally wired your brain to always be "on". 'Take Ten' is your off switch.

Here's how: Set your timer (if using your phone, put it in airplane mode). Take three deep breaths: in through the nose, out through the mouth. Thoughts will float in, but I liken this to cloud watching. Instead of fixating on the thought, let it pass through. A bonus tip – at the end of your ten minutes (or longer if you like) set your intention for the day ahead. What feeling would you like? Or maybe you have a mantra for the day like “it’s so easy”. Most important – no self judgement. If ten minutes is too much start with try 5. *The key is daily practice.*

TIP: Keep a pad & pen near by. If a thought floats in that you are chewing on - write it down and then go back to your breathing & relaxing.

Step 2: Ask yourself, "how can I do this differently?"

I love this question! A few years back “How can I do this differently” became my theme for an entire year. This one is powerful. We all possess an inner guidance system that has been numbed out with the busy, whirl wind, running on the hamster wheel, monkey mind life that so many women live in.

Try this. Next time you are frustrated, angry, sad, fed up, feeling overwhelmed or about to ‘lose it’, take a deep breath in and ask yourself “*how can I do this differently?*”

This question hits the pause button and takes you out of a reactive state of mind and helps you see things differently. As one of my favorite quotes from the Course of Miracles says, “A miracle is a change in perception.”

Step 3: "Everything after 'I should' is a lie" -Athena Burke, Musician

This concept was (and still is) a game changer for me.

Until I began noticing how often I habitually responded with reaction to my "I should's, have to's and need to's", I didn't realize how rare it was for me to be following my "wants and desires." How about you?

This doesn't mean shirking responsibilities, but it does mean listening to what your soul really wants in that moment.

During my sabbatical year (My Year of No) I used the should's, have to's and need to's as my guidance system to lead me out of my 'nose to the grindstone' habits and into new habits that nurtured my soul.

TIP: Begin a mindfulness practice around your "I should's" and ask yourself daily "How Can I Do This Differently?"

"Stepping out of the busyness, stopping our endless pursuit of getting somewhere else, is perhaps the most beautiful offering we can make to our spirit".

~Tara Brach

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