

7 TIPS TO HELP YOU COPE WITH STRESS + OVERWHELM

WHEN YOU HAVE TOO MUCH ON YOUR PLATE, DON'T JUST TRY TO 'PUSH THROUGH AND HOPE YOU GET THROUGH IT SOMEHOW' - THAT'S MERELY A RECIPE FOR BURNOUT. INSTEAD, TRY THESE 7 SIMPLE TIPS TO HELP YOU COPE WITH STRESS AND OVERWHELM.

02 CHECK YOUR MINDSET - DOES IT DRIVE YOU TO DO MORE AND STRESS MORE?

Self-talk can dial up stress and overwhelm when it pushes you to take on more than you can manage. Do any of the following sound familiar?

- "I've been given such a great opportunity, I can't pass on this project."
- "I can't say no; people are counting on me."
- "No one else can do the job properly."

Or, do you have self-talk that increase pressure to perform, along the following lines?

- "If I don't do this well my manager will never trust me again."
- "If I can't get through this then I'm not good enough."

If any of the above sound familiar, maybe it's time to shift your mindset for better wellbeing.

03 PRIORITISE AND DELEGATE

Once you get an idea of everything that's on your plate (see Point 1), and understand how your self-talk pushes you to take on more than you can manage (see Point 2), it's time to prioritise. Reassess what's essential and focus your attention on these tasks. Where possible, delegate, outsource, or press pause on less important tasks.

04 SET REALISTIC GOALS

Decrease overwhelm and set yourself up for success by setting realistic goals with realistic time frames. Your To Do list may be long, but allocate enough time to do the job at a pace that is sustainable for you in the longer term.

05 ACCEPT WHERE YOU'RE AT AND MOVE FORWARD WITH YOUR PLAN

Yes, things may feel stressful and overwhelming, and yes, there may be a lot to get through. But trying to push even harder will not get you there faster, but will instead leave you feeling more overwhelmed.

So, accept where you're at, and focus your efforts on chipping away at your To Do list. You may not quite be there yet, but you're on your way there.

01

TAKE A BIRD'S EYE VIEW OF YOUR SITUATION

Write down EVERYTHING that you're juggling at this very point in time in each area of your life (home, work, friendships, partners, studies, health, finances). Having a clear picture of your situation means you can set a plan to decrease stress and overwhelm.

06 DIAL DOWN PHYSICAL STRESS

When your body is in a heightened state of stress, try one of the following:

- Use controlled breathing.
- Dip into a mindfulness exercise.
- Use grounding (e.g. name what you see, smell, hear, touch, and taste).
- Practise progressive muscle relaxation.
- Exercise to relieve stress and boost mood.

07 SELF-CARE FOR SUCCESS + SUSTAINABILITY

There's merit in the saying that 'you can't pour from an empty cup' - when you're overwhelmed, tasks appear to take more time and effort to complete.

Rather than fight an uphill battle, get into peak shape. Importantly, see self-care as a tool to boost efficiency. Adequate sleep and nutrition, regular exercise, and doing enjoyable things and feeling connected to others all help you function at your best.

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