

The Ultimate Guide

TO MANAGING OVERWHELM

1

EXERCISE

Make an effort to move your body!

2

START WITH SOMETHING SMALL

Let the "snowball effect" work for you.

3

TAKE A BREAK

Enjoy a small activity that brings you joy.

4

PLAN OUT YOUR DAY

This helps to keep your priority your focus.

5

INCLUDE BREAKS

Don't just break when you feel like you want one, plan for them!

6

PRIORITIZE EARLY

Work on your big goals first.

7

WHAT IS THE WORST THAT CAN HAPPEN?

Remember, you can handle it!

8

IT'S OK TO "FEEL THE FEELINGS"!

Just don't dwell on them.