

Presented by BU Happiness College

Overcoming Emotional Overwhelm

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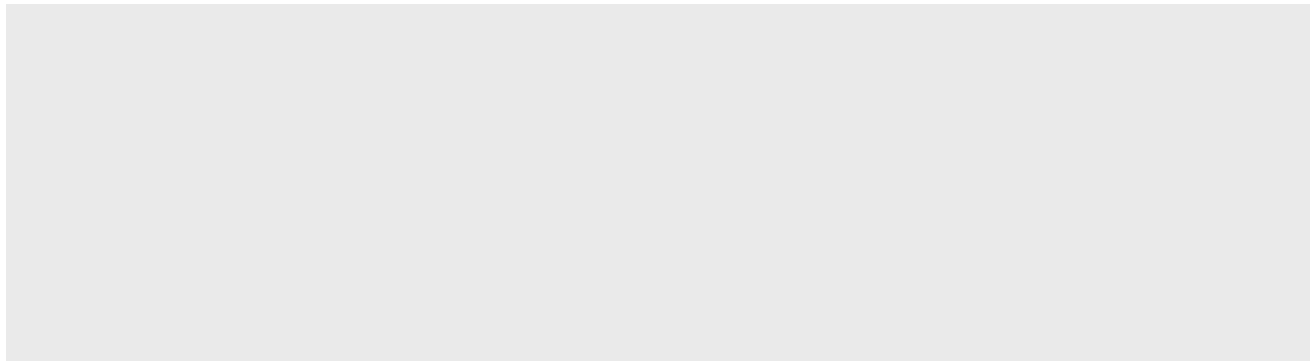


"We generate fears while we sit. We overcome them by action" - Dr Henry Link



What Is Overwhelm?

Emotional overwhelm is a state of being consumed, and absorbed by, intense emotion



Overwhelm may present as...



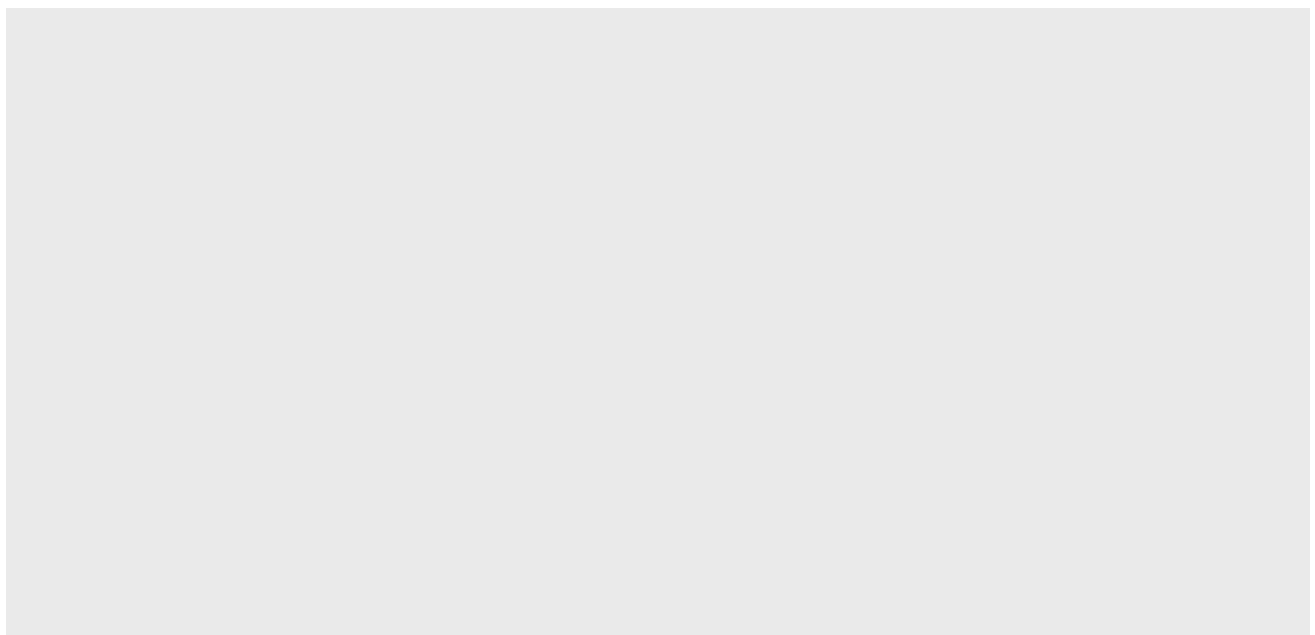
**Emotional
Spillover**



**Doubt,
Exhaustion &
Helplessness**



**Physical
Symptoms**



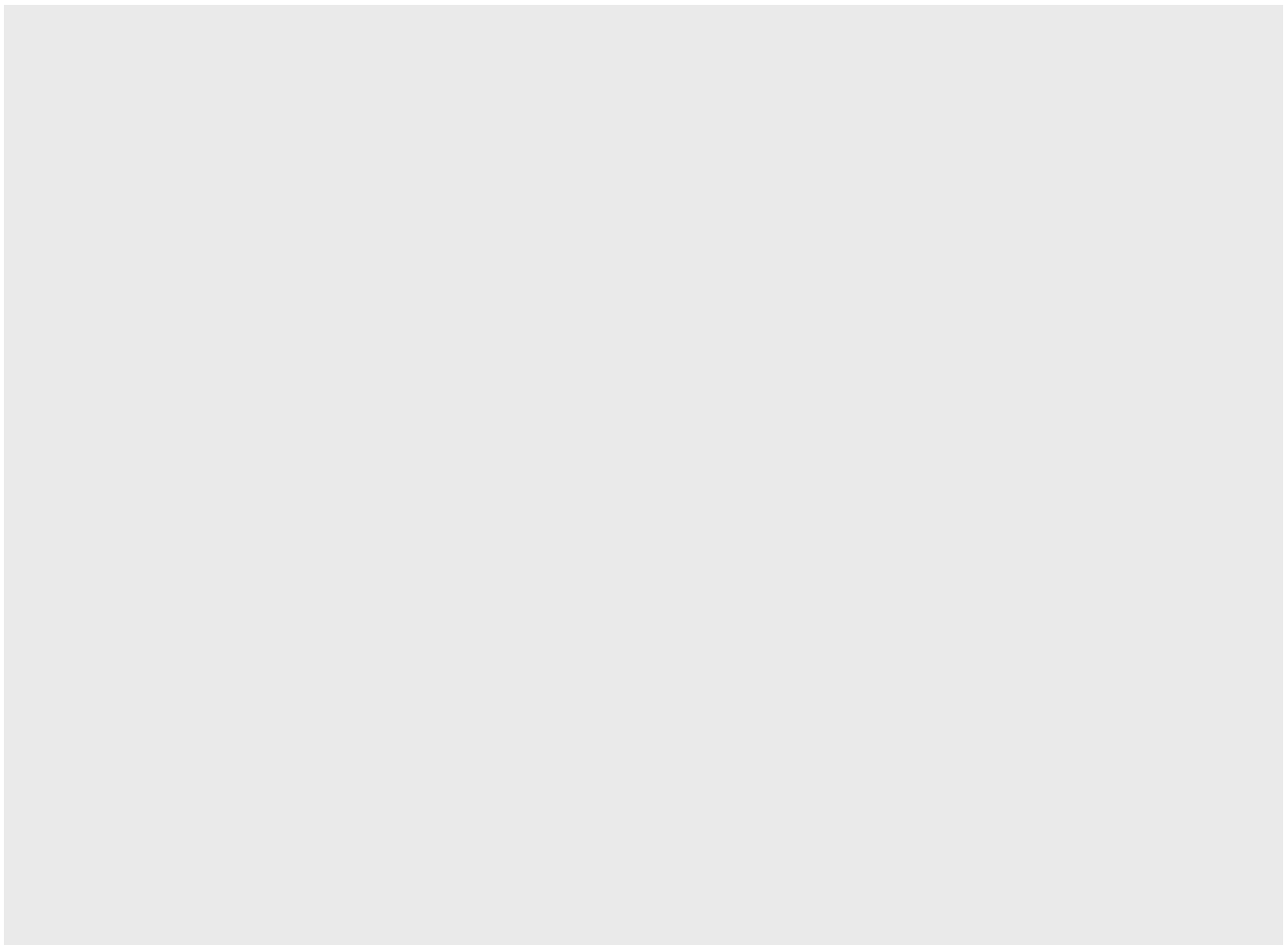


What Causes Overwhelm?

Overwhelm exists at a tipping point when our perceived, or real, resources/skills are outweighed by the challenge at hand



Overwhelm can also be the end point of a long build up of repressed/avoided thoughts and feelings.





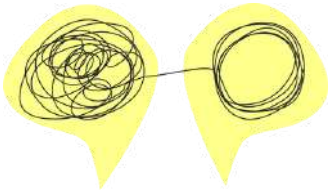
What to Do When You're Feeling Overwhelmed

1. Relax your nervous system



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2. Get clarity



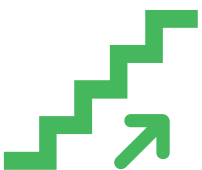
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3. Break it down



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4. Take one step forward



Blank grey box for notes related to step 4.



What to Do Before You Feel Overwhelmed

1. Plan & prioritise effectively



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2. Be proactive with down-regulating self care



Blank grey box for notes related to step 2.

3. Cut some things from your to do list (boundaries and saying no)



Blank grey box for notes related to step 3.

4. Check in with yourself regularly



Blank grey box for notes related to step 4.

A photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...