



# OVERWHELM.

Overwhelm or the brink, the edge etc. is basically overstimulation at its peak, and is when we experience moments like 'the straw that broke the camel's back' and other such calamities.

Today we discussed the below article.

We talked about it in the context of the 'O' in the DOES criteria - overstimulation and the common challenges HSP-Es have when it comes to this and overwhelm!

<https://thoughtcatalog.com/.../7-signs-youre-emotionally.../>

The challenges/questions/tasks for you to work on are as follows:

1. What are your symptoms and signs that demonstrate you are building towards, or are at, the brink of overwhelm? You may know some already, but this is an ongoing task to start to pay attention and get better at recognizing them. (So that you can take action in that moment, rather than wait until you hit that brink, or have a meltdown).
2. Take an objective look at ALL your commitments and how you are filling your day. Create a 'doing' list. Then create a STOP doing list - work out what you can either eliminate, or put aside for another time when you are less taxed.
3. Create a self-care list of activities that help you feel grounded and centered -ie reduce overwhelm. Then you can easily access it when you notice you are needing to increase the self-care. If you are ON the brink, you will need to increase self-care consistently for a few days to a week to bring you back to 'normal' levels.
4. Set boundaries for yourself, e.g. saying no, making self-care activities non-negotiable until they become a habit.
5. Create some helpful self-care habits that will assist because they come from your subconscious brain so it's harder for your conscious to 'talk you out of them' at times when you actually REALLY need them.

## **Book Recommendations:**

<https://untamedbook.com/?fbclid=IwAR0Hz0OscbHeSJm3T4L9HrQhjkow2x87F2AanYXLME-5b1l1zsVyTtwvf-s>

[https://www.amazon.co.uk/Stop-Worrying-Your-Life-Track-ebook/dp/B004CCRYGK/ref=sr\\_1\\_1?dchild=1&keywords=ad%20kerkhof&qid=1602745800&sr=8-1&fbclid=IwAR1i9aW18kp8zSMliAS8Cwu1om\\_HbvvgUcoMB1XGlsqKAbPurVWATSpUCOA](https://www.amazon.co.uk/Stop-Worrying-Your-Life-Track-ebook/dp/B004CCRYGK/ref=sr_1_1?dchild=1&keywords=ad%20kerkhof&qid=1602745800&sr=8-1&fbclid=IwAR1i9aW18kp8zSMliAS8Cwu1om_HbvvgUcoMB1XGlsqKAbPurVWATSpUCOA)