

Getting Past Overwhelmed Today

From AI Anxiety to Everyday Overload:
Tools to Navigate Change and
Protect Your Mental Health

with Sheila Robinson-Kiss, MSW, LCSW



LESS OVERWHELM. MORE CLARITY.

Getting Past Overwhelmed Today is a practical, humorous, and engaging program for navigating rapid change, AI anxiety, digital demands, and everyday overload. Led by Sheila Robinson-Kiss, a therapist, YouTube content creator, NJBIZ Blue Cross-Blue Shield Mental Health Educator of the Year, and Psychology Today contributor, this lively experience blends relatable stories, meaningful reflection, and actionable tools. Sheila brings warmth, humor, and real-world insight to help participants recognize stress signals, calm their minds and bodies, set healthier boundaries, and take manageable steps forward. Participants leave with a personal toolkit to protect their mental health and meet change with greater confidence.

*REAL TOOLS.
A LITTLE
LAUGHTER.
ROOM TO BREATHE.*

LEARNING OBJECTIVES

By the end of the program, participants will be able to:

-  **1 Recognize overload early.**
Identify personal stress triggers and the mental, emotional, and physical signals of overwhelm.
-  **2 Navigate AI anxiety and change.**
Separate present facts from feared possibilities and identify practical next steps within your control.
-  **3 Practice a calming reset.**
Use grounding, paced breathing, and brief pauses to regain focus during stressful moments.
-  **4 Set healthier digital and personal boundaries.**
Reduce information overload and communicate limits around time, attention, and availability.
-  **5 Turn overwhelm into manageable action.**
Prioritize what matters, break demands into smaller steps, and replace all-or-nothing thinking with realistic progress.
-  **6 Build a personal resilience plan.**
Choose daily habits, supportive connections, and moments of humor that protect well-being, and recognize when to seek help.



RETREATS | KEYNOTES | LIVE AND VIRTUAL PROGRAMS

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REBALANCING AMERICA AND BEYOND

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