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# 5 Minute Mind-Hack No.3

## FEELINGS OF BEING OVERWHELMED

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Feelings of being overwhelmed can crush your energy, affect your mental health and in extreme cases, even make you feel suicidal.

This headline may seem like a strong statement to make but being overwhelmed is a form of helplessness that can happen to anyone, like you maybe and certainly to me, many times.

**It creates an emotional hijack that's not pleasant to deal with but deal with it you must, right – I mean what's the alternative?**

Yesterday morning was such a case for someone I know very well, we'll call him Jake.

Jake laid in bed in the early hours feeling totally overwhelmed by everything he had to do to get his new coaching practice up and running well.

Any entrepreneur will tell you that the pressures can be intense, long hours, never switching off mentally, marketing, sales, finance, operations, suppliers, client management, writing, product development – testing - creation and maybe some time to eat, drink and sleep.

EVERYONE I've ever known or am likely to know, feels overwhelmed at times so it's not about whether we feel it or not but how we deal with and manage it when it arises.

### Here's What He Did:

1. He took himself to a different place physically and mentally. Instead of going straight to his usual workstation upstairs, he went to a relaxing sitting room downstairs at the back of our home. This has comfy sofas and wall-to-wall patio doors looking out into the garden on what was a bright sunny morning. Yes, the sun does actually shine here in England at this time of year ☺
2. Once there, Jake took a few deliberate deep breaths just to ground himself and stopped the unmanaged thoughts going round in his head by asking a question – if this was a situation with one of my team, what advice would I give them? He always had the ability to take the sting out of emotions for others, bringing calm, logic and resolution to what was previously a highly emotional situation so why not use it for his own benefit.

### My Action Plan

The old habit I will stop

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The new habit I will start

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First Steps I'll take to begin

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Ways I will stay strong

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People I'll enlist to help me

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Any other considerations

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## Additional Notes:

3. This started him thinking about some of the answers of course and into a calmer, more logical state of mind. So, he then asked another question, this time of himself. If I was on the outside, looking in 'what advice would I give myself? By doing this, it made the question more specific to Jake and as illogical as it may sound, separated himself from the emotional feelings and into rational solutions mode.
  
4. Ideas started flowing and this led to further questions around his options and how he decided where to begin, whilst keeping the end objectives in mind:
  - a. Begin with a small, enjoyable or quick to complete task to get himself started, to activate his brain and physical movement.
  - b. Begin with a small, unenjoyably task to get it out of the way and out of his head.
  - c. Do a couple of small items to enable him to build momentum and then use these to head on into large tasks.
  - d. Choose to take on one of the biggest tasks to get it done and then leave room for all the smaller tasks to be completed in easier pockets of time, which would give him more flexibility later in the week. This could also provide him with bigger levels of satisfaction.
  - e. The important consideration was keeping the end results in sights, i.e. what did he want and need to accomplish? This focus made it easier for him to make decisions.
  
5. He decided to write an article that could add value to his existing network and help increase awareness for him with new audiences, it could also be used as content for his coaching and ultimately, generate new enquiries for coaching clients. In summary, multiple benefits from choosing one key thing, logically and rationally.

**The process took no time at all and yet, it moved Jake from a feelings of overwhelm to one of being in control.**

**Just how severe can the consequences be, if feelings of overwhelm are not managed effectively?**

In my full article I outline the consequences of allowing overwhelm to build up and in particular, the impact it can have on mental health.

This includes reference to the epidemic of suicide in young men dealing with pressures of life in particular, you can read the full article [HERE](#).

**Quote to finish on**

*“The mind makes for a lousy master but a great servant. If you know how to use it and this should always be your aim, you will control the mind and not have it control you. It will play tricks with you at the least expected times so stay awake (conscious) to keep it at bay”*