

FROM *Overwhelm* TO *Overflow*:

SHIFTING YOUR STRESS TO SUCCESS



LIMITLESS
ADVISER
BY EDUCE



ALYSE
MCCONNELL





Promises FROM THE INVITATION:

- How to jump off the overwhelm cycle
- When to embrace boundaries, presence and energy management
- The surefire antidote to burnout

But

MOSTLY...

“ I want you to
feel more like this
everyday! ”



DEFINITION OF *Insanity*

And
expecting
different
results

Doing
the same
thing
over &
over...





On average, we have **12,000-60,000** thoughts per day

80% are negative

95% are repetitive



A² CHANGE JOURNEY *Milestones*



AWARENESS

What you know,
what you don't



ANALYSIS

Deepening your
self understanding



ACTION

Execute on your
intentions



ACHIEVEMENT

Experience all the
success you can
envision



What
I INTEND
TO WALK
AWAY
With...

Awareness of how it goes for you



Tools for *disrupting* it



Tools to do *something different*



A plan to stay out of overwhelm!





How
IT REALLY
GOES

AWARENESS OF HOW IT GOES FOR YOU



Some tools for disrupting it



Tools to do something different



A plan to stay out of overwhelm!

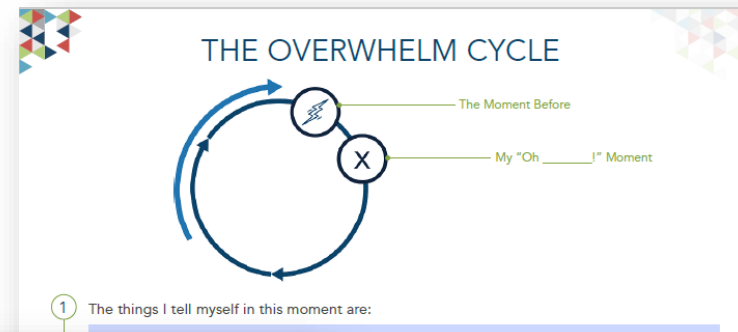




YOUR *Overwhelm* BENCHMARK

On a scale of 1 to 10, please rate your experience (1 low/10 high):

- I easily get overwhelmed.
- I regularly get overwhelmed.
- I identify as a perfectionist.
- I hold higher standards for myself than I would for anyone else.



OVERCOMING OVERWHELM

Identifying where you are on the overwhelm scale is an important first step in getting out of an overwhelm state. Determine what level of overwhelm you experience on a regular basis, and also what causes you to feel that way. Identifying the reason or story behind your overwhelm is also important, as this is the story that creates the overwhelm in the first place. This conversation in your head changes a long list of "to dos" or a lot of moving parts into OVERWHELM. Finally, identify how overwhelm feels in your physical body.

1 On a scale of 1 to 10, 1 low/10 high, please rate your experiences:

- a. I easily get overwhelmed.
- b. I regularly get overwhelmed.
- c. I identify as a perfectionist.
- d. I hold higher standards for myself than I would for anyone else.

2 I feel overwhelmed because...

3 My story about this is...

4 To me, overwhelm feels like...

1 The things I tell myself in this moment are:



Why
ARE YOU
OVERWHELMED?

SOME REASONS WE ARE *Overwhelmed*

- Expected to do more with less
- We haven't evolved as much as technology has
 - Technology has changed expectations for responsiveness; everything is more immediate
 - The complexity and volume of digital messaging takes up tremendous space in our brain
- We are exposed to substantially more stressful images AND...
 - We feel more out of control
- We are living in a state of stress

"I got a message on Voxer wondering if I'd received the DM they sent me on WhatsApp and could I update the chat string in Slack?"



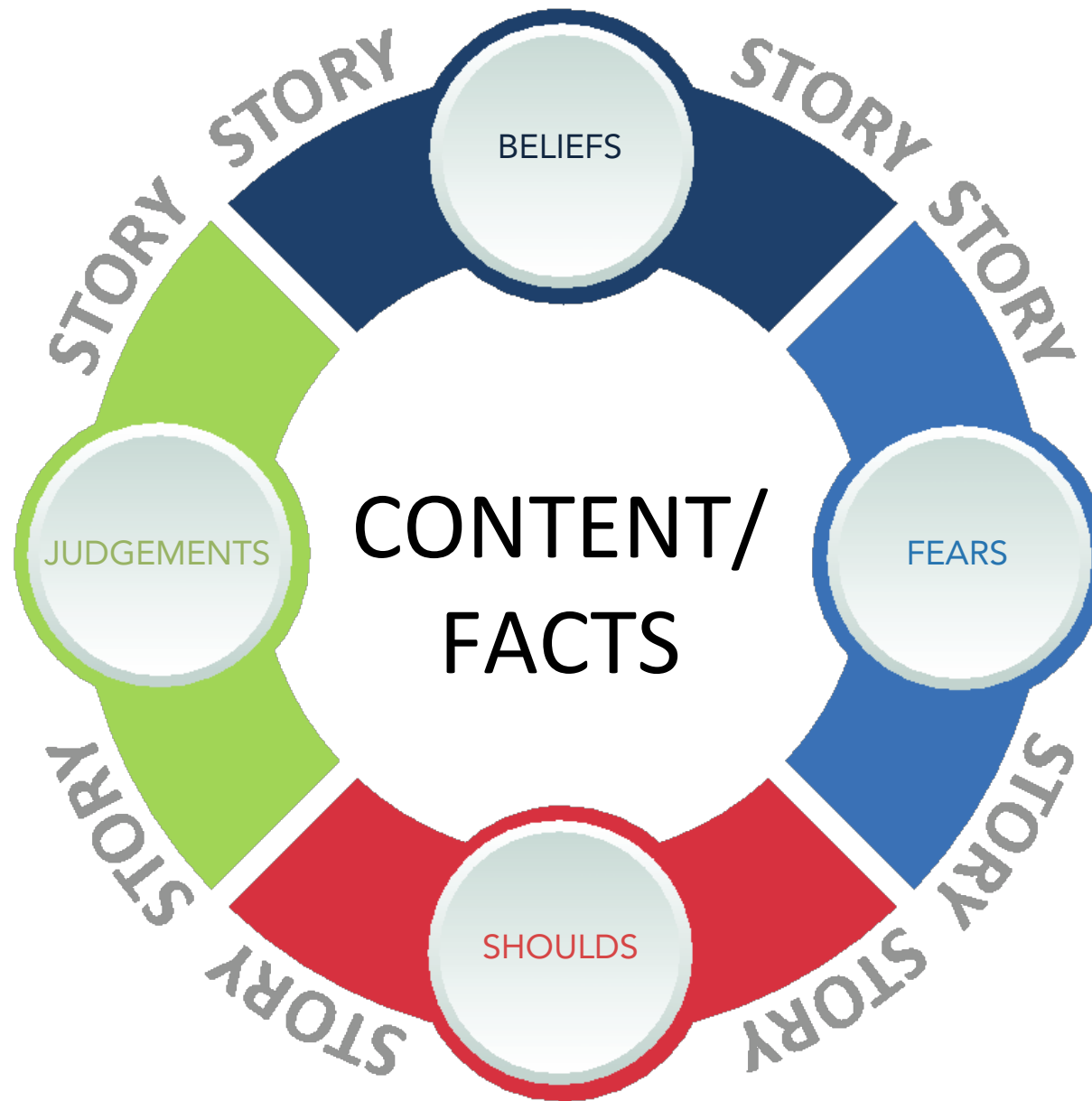
JOHN ADAMS



YOUR
*“Overwhelm
Story”*
IS

FEAR

The difference
between a
busy day
and an
overwhelming
day is tied
to your
overwhelm
story.





Your

"OVERWHELM STORY"

- Lives in the past or future
- Is not fact-based
- Doesn't set you up to win
- Is designed to protect you...
but doesn't actually work

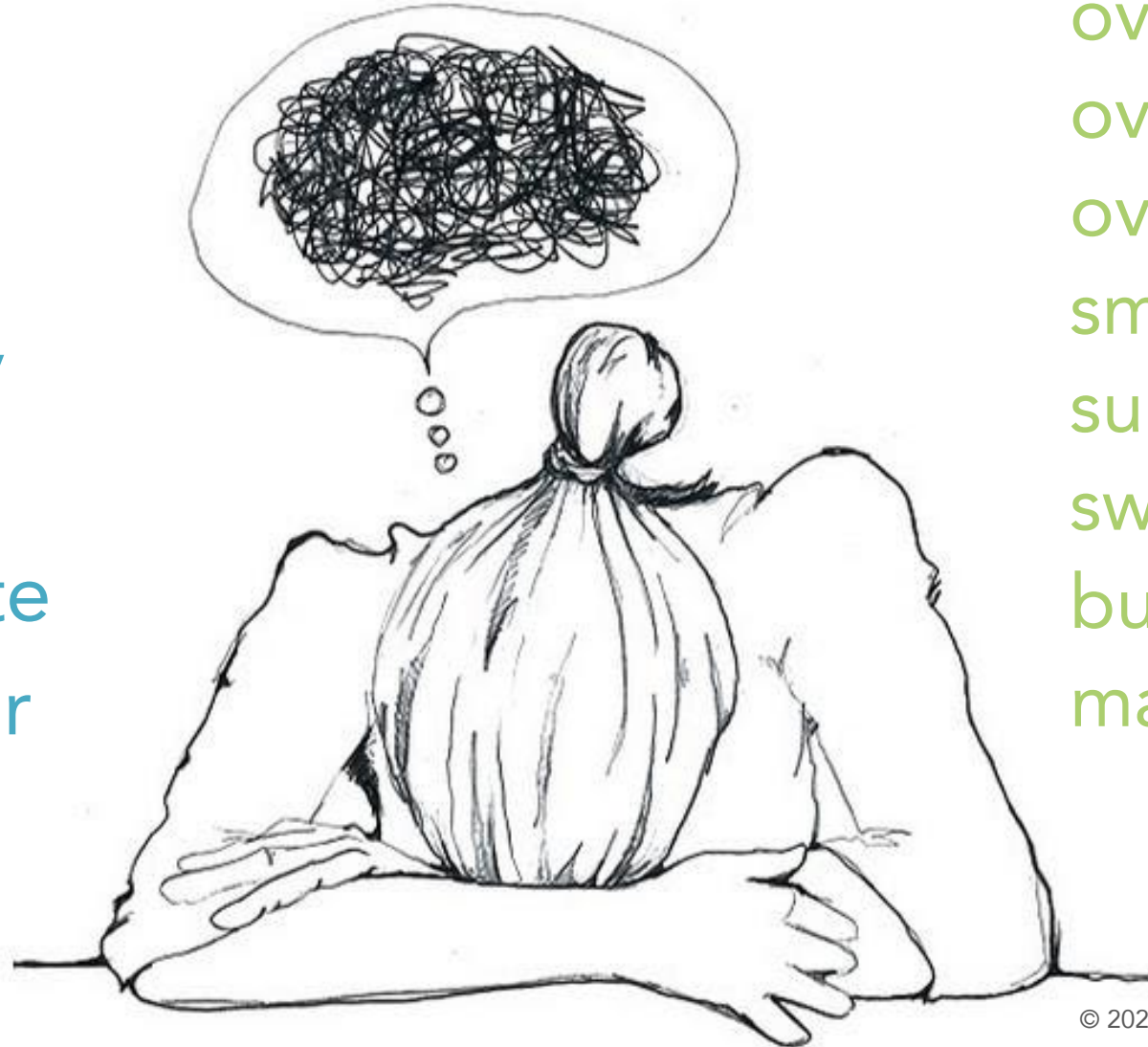


LET'S GET *Physical*

What does overwhelm feel like?

Overwhelm SYNONYMS

crush
defeat
deluge
destroy
engulf
inundate
conquer
drown



overcome
overpower
overrun
smother
submerge
swamp
bury
massacre





What
**ARE YOUR
CURRENT
STRATEGIES?**

- Powering through
- Working longer
- Denial
- Multi-tasking: nope
- Grow arms

How DID WE GET HERE?

By age 35, you are a 95% hard-wired set of pre-programmed behaviors

**BRAINS FOCUS ON NEGATIVE
BY FACTOR OF 7 TO 1**

Average adult spends 70%
of time in a stress-state

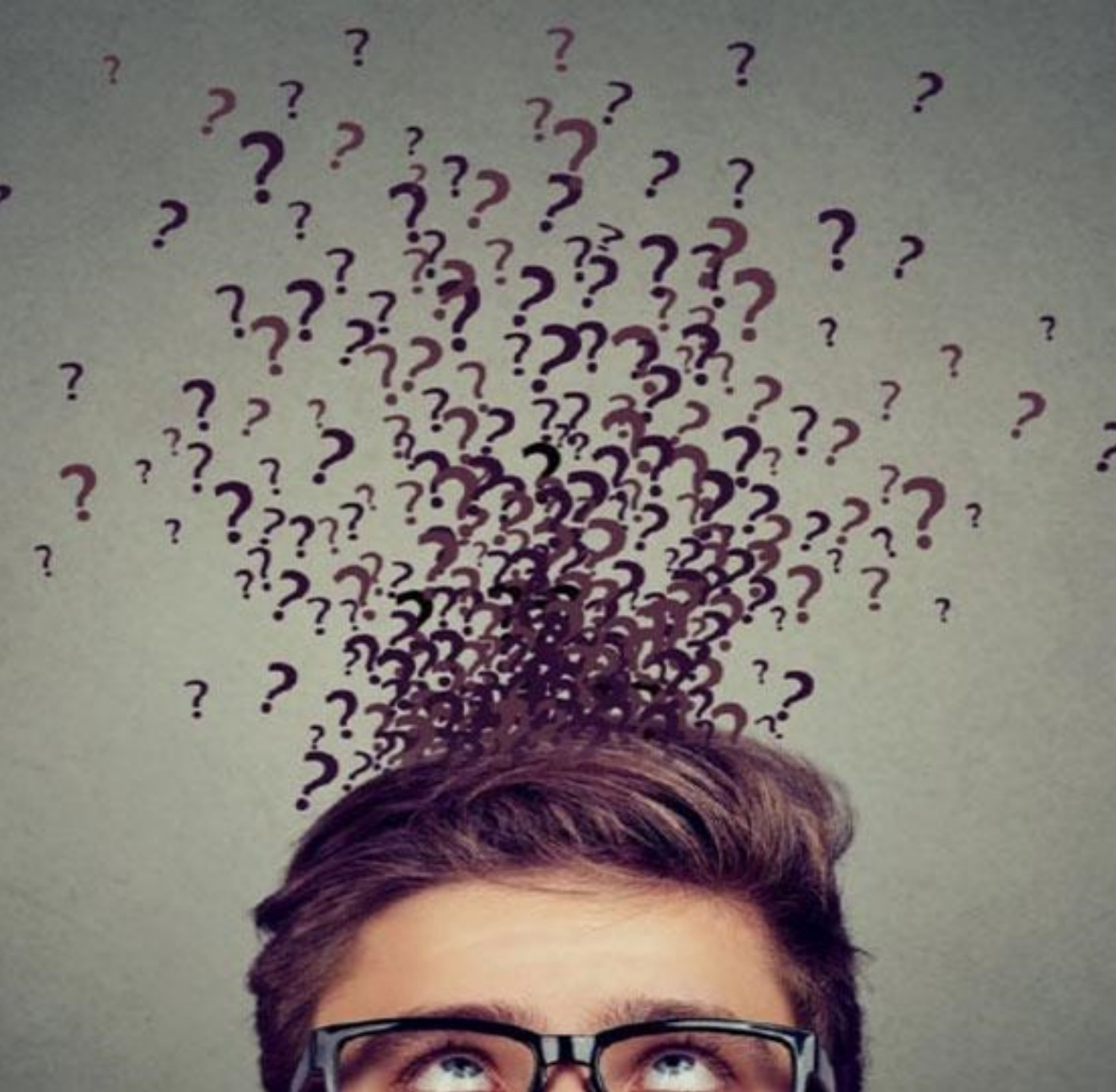


A scenic view of a forest with tall, dark, vertical rock formations or tree trunks. The text "JUST Breathe" is overlaid in the center. The word "JUST" is in a bold, white, sans-serif font, and "Breathe" is in a white, cursive script font. The background shows a dense forest of evergreen trees and a hazy, overcast sky.

JUST *Breathe*



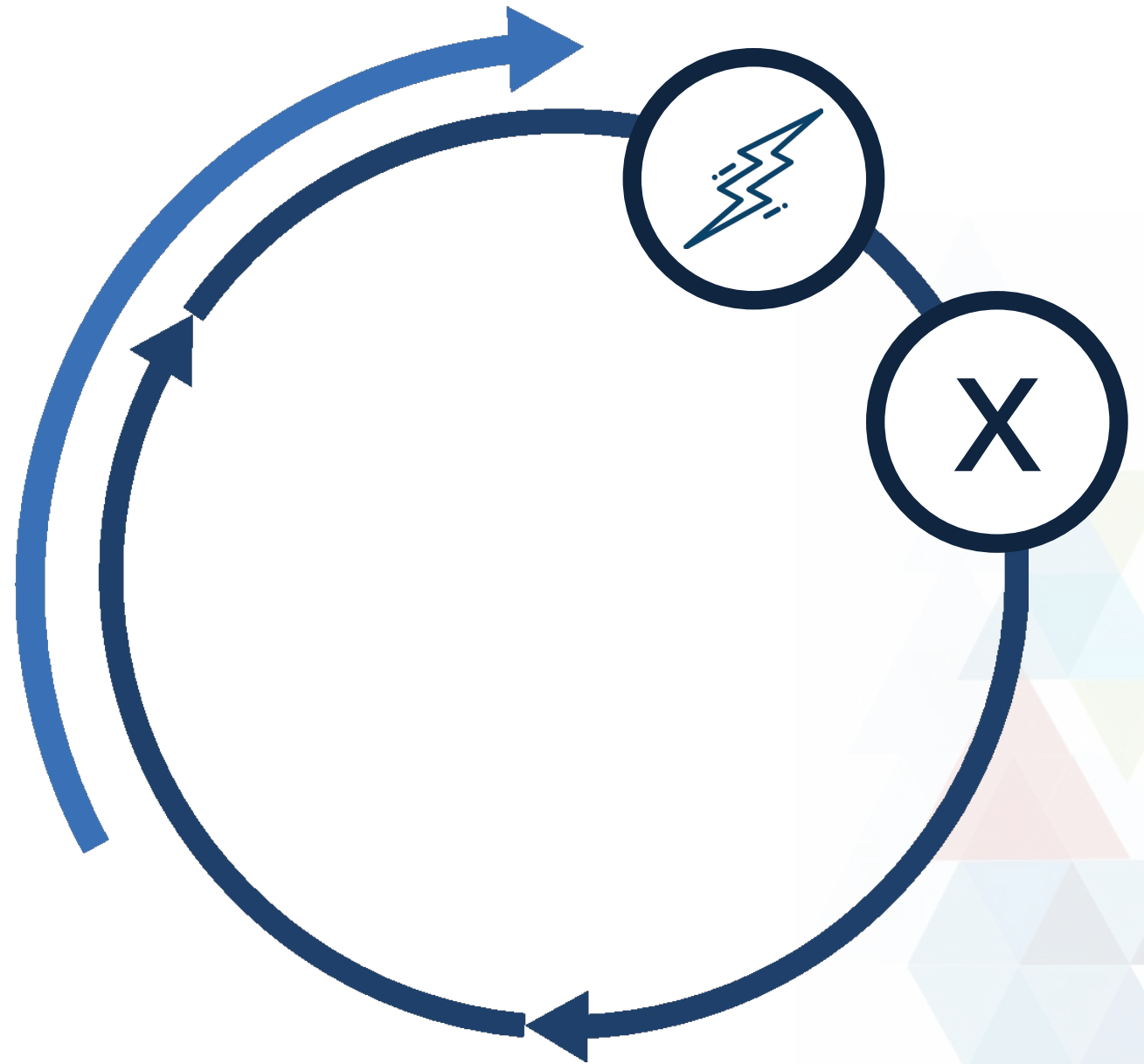
How DO
YOU WANT
TO FEEL
INSTEAD?



Why
CHANGE?



THE *Overwhelm* CYCLE





Think of A TIME YOU
MANAGED THROUGH
the Impossible

Tools FOR WHEN YOU'RE IN *Overwhelm*


- Breathe (there's a reason this one is first)
- Get out in nature
- Walk around or sit in a different space
- Take a break
- Do one easy thing
- Keep OMM lists (On My Mind)
- Put your phone in airplane mode
- Identify the story that's got you
- Ask for help
- What boundaries are missing or need to be put in place
- Focus on progress not perfection
- Clean your desk





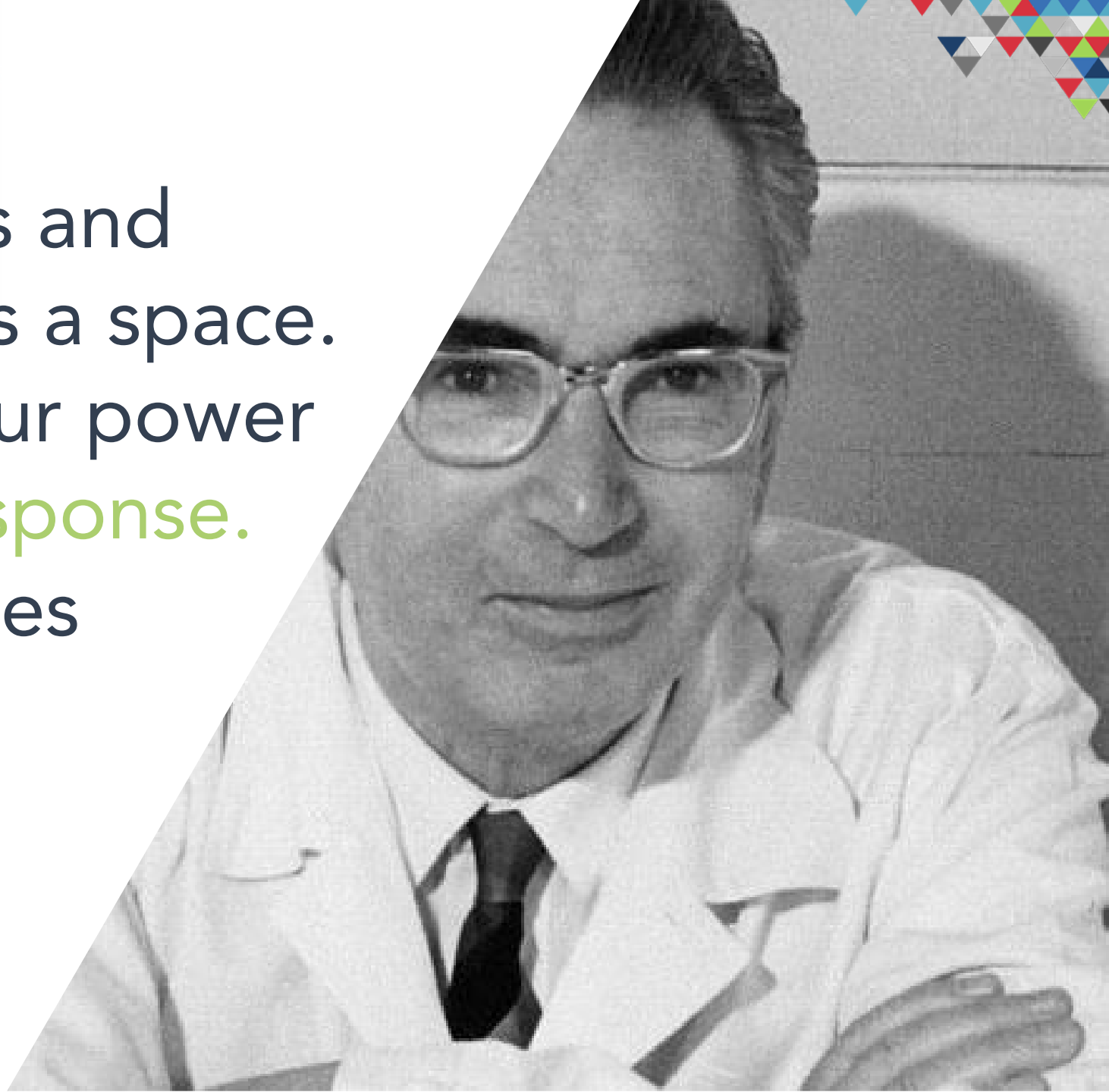
UP YOUR *Self-Care*

- **SLEEP:** 7 hours minimum
- **EXERCISE:** 3 - 5 times a week
- **MEDITATE:** Work up to 20 minutes a day
- **EAT WELL:** The closer to its natural form, the better
- **DISCONNECT:** Less tv, wine, screens, etc.
- **DRINK:** More water



“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

-Viktor E. Frankl



Tools TO KEEP YOU OUT OF *Overwhelm*

- Say "no" more than you say "yes"
- Track your time for a week
- Put structures in place
 - One calendar and everything is on it
 - Sanebox
 - Boomerang
 - Chunk your time
- Leave the magical thinking to Hermione





Reset YOUR MIND

What's possible
with 50% less
overwhelm in
your life?



ACTION

What's ONE THING
YOU WILL APPLY?

By when?



START

IN-PRACTICE

- Use the “Overcoming Overwhelm Worksheet” to identify your overwhelm level and break the cycle
- Identify tools for avoiding and breaking overwhelm with “Well Being: Places to Look”
- Read the “Overcoming Overwhelm Guidebook” to manage, address and avoid overwhelm before it occurs

RECOMMENDED READING

- Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones
James Clear
- How Mindset Drives Success And The 7 Freedoms Of Limitless Advisers
Stephanie Bogan (Kitces Article)
- How to Own your Own Mind
Napoleon Hill
- The Power of Habit: Why We Do What We Do in Life & Business
Charles Duhigg
- Unf*ck Yourself: Get Out of Your Head & Into Your Life
Gary John Bishop

Q&A

