

STOP THE OVERWHELM

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1 Answer the questions: What am I overwhelmed about? Why am I so overwhelmed?

This image shows a full page of a document template designed for handwriting practice. It consists of approximately 20 evenly spaced, horizontal dashed lines extending across the entire width of the page. The background is plain white, and there are no margins, text, or other markings present.

3

Example: I can't do this. -----> I can do this.

If the opposite thought is totally unbelievable, put, "It's possible" at the beginning.

Example: I can't do this. -----> It's possible, I can do this.

If it's still totally unbelievable, put, "and it's okay." at the end.

Example: I can't do this. -----> I can't do this, and it's okay.

This image shows a full page of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

4 Lastly, Zoom In and/or Zoom Out on your circumstances. Zoom In and look at one small part at a time, or Zoom Out to get a 10 year, 20 year, or Eternal Perspective on what's going on.

This image shows a full page of a handwriting practice worksheet. It consists of multiple rows of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is plain white, and there are no other markings or text present.