

GET OUT OF OVERWHELM



A workbook to
get you feeling
calm, in flow
and back on
track

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A NOTE FROM TRISHA

So if you're feeling overwhelmed, stressed and feeling like you've too many tabs open on your brain, this workbook is for you.

I know from my own personal experience how it can feel to be stressed or overwhelmed and when we have got things to do, we need to be able to recognise what is happening and take action so we can bounce back and get back on track

This workbook has been designed to take you through a process that will not only help you get some clarity on what's causing it but importantly steps to take so you can feel calm and relieved so you can get back on track

You see when you're in overwhelm you're in the stress response so you won't be able to critically think or take aligned action, so we want to get you out of overwhelm and into feeling calm and back on track

It's been designed as a downloadable workbook but if you don't have access to a printer then by all means just grab a notebook and pen and write it down. It really doesn't matter how you do it as long as you follow the process.

So I would suggest grab yourself a cuppa, find a quiet space and get going.

Here's to rising calm, feeling at ease and getting back on track.

Trisha x

CLARITY

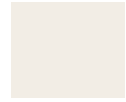
LET'S HELP YOU GET SUPER CLEAR ON WHAT'S CAUSING YOU TO FEEL OVERWHELMED



Question #1: How overwhelmed/stressed are you feeling right now?

0 - no I'm chilled

10 - I can't think straight



Question #2: So you're feeling overwhelmed right now, what else are you feeling?

Question #3: Close your eyes and notice where you feel overwhelm in your body

Question #4 With your eyes closed tune into what does it feel like? (hot, heavy)

What colour is it? What sound does it make? Does it have a taste, a smell?

Question #5: So now is the time to get that overwhelm out of your head and onto this paper. Take time to brain dump all the things that are causing you to feel overwhelmed (home, work, relationships, health, money) and get specific!

"Overwhelm is our brains way of saying too many tabs open"

CLARITY



Question #6: So let's get honest here, what is your inner critic saying to you right now?

Question #7: So what do you want to feel instead of overwhelm?

Action - Before we move on to helping you move forward with getting back on track, we need to help you move through the overwhelm. So now you know how it feels, what's causing it and where it is in your body, it's time to move it!

Pick a movement that works for you - be that shake it out, dance, jump, walk. Overwhelm is an emotion (E-motion = energy in motion) so help it to move through you. Feel the overwhelm literally leave your body.

Once you have done that, know that you've just reset your nervous system so now it's time to use your calm and relaxed brain to do some further work

Question #8: How do you feel now after moving and shifting the feeling?

"You've got to feel it to heal it"

COURAGE



So before we get into looking at what needs to be done, I think it's time for a sense check. More than likely you're taking on too much, trying to do everything and acting like superwoman! So it's time to ditch, delegate and seek support

When you think about things to ditch or delegate, I want you to consider thoughts (I must do it all!), beliefs (I'm a failure if I don't do it all), tasks (I'm the best person to do it!)

I also want you to consider where you might need some support (it is not a weakness to need some support)

THINGS TO DITCH

THINGS TO DELEGATE

AREAS I NEED SUPPORT

PEOPLE I CAN ASK FOR SUPPORT

“Keep your eyes on the stars and your feet on the ground”

COURAGE



So many times it can be our current thoughts that cause us to be in a state of overwhelm. In order to move forward what negative thoughts do you need to let go of and replace with some positive affirmations instead

e.g - negative thought - I 'm useless positive affirmation - I am capable of working through this

Make sure it's using positive language and something that you think is true

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

Once you have got your positive affirmations, it's great if you can repeat these daily to yourself.

Ideas: write them out in your journal, write them on post it notes everywhere, record yourself saying them and listen to the recording, say them whilst brushing your teeth

" WE BECOME WHAT WE THINK, SO CHOOSE
YOUR THOUGHTS WISELY "

ALIGNED ACTION



When we get into overwhelm mode we need to break down our thinking into bite-sized chunks. Overwhelm can be caused by focusing on too much so it's time to break down your thinking.

So the tasks you have left after ditching and delegating, it's time to allocate them. Put the things that need to be done now in the stop and drop, things that need to be done in the near future in the short stay car park and anything that can wait until a later date park in the long-stay car park. **NOTE** - don't try and cram too much into the stop and drop or you will easily get overwhelmed again. If that's the case go back to the previous page and look at where you might need to get some support

STOP & DROP - WHAT NEEDS TO BE CONSIDERED NOW?

SHORT STAY - WHAT NEEDS TO BE CONSIDERED IN THE NEAR FUTURE?

LONG STAY - WHAT NEEDS TO BE IN MY THINKING/PLAN AT A LATER DATE?

“Rise up and be the best you can be because your world is waiting for you.”



MEET TRISHA

Hi, I'm Trisha Barker, Founder and CEO of The Rising Femme.

I'm a Transformation Coach and Energy Healer for heart centred women and my mission is to help women heal from burnout and trauma, learn to love themselves and build inner confidence

I believe that every woman deserves to feel confident being her true authentic self, to feel confident in the work she does and build a life based on her own definition of success.

I currently live in Lancashire with my adorable 8 year old cockapoo Milo

“When things change inside you, things change around you.”

HAVE QUESTIONS?

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