



3 STEP PROCESS

CONQUER OVERWHELM



Leslie Bosch, PhD
Bosch Integrative Wellness





INTRODUCTION

Feelings of overwhelm can stop you dead in your tracks!

If feelings of overwhelm persist, they can lead to undesired outcomes like loss of productivity, emotional unrest, and physical maladies.

So, congratulations on taking steps to conquer your feelings of overwhelm!

In this short guide, you'll discover...

- The #1 cause of overwhelm
- 1 specific type of thought you need to avoid
- 1 simple strategy you can use consistently to restore feelings of calm and clarity

Let's get started!



STEP #1: RECOGNIZE WHAT CAUSES OVERWHELM

Believe it or not, tons of research shows that overwhelm isn't caused by your circumstances.

Things like work pressures, parenting demands, church obligations, household duties, and social calendars don't cause overwhelm. Instead, overwhelm is caused by your thoughts.

That's right! Overwhelm is caused by your thoughts *about* your circumstances.

Many types of thoughts cause feelings of overwhelm. In this brief guide, I'll highlight one type of thought that typically causes feelings of overwhelm: should thoughts.

In Step #2, I describe should thoughts in more detail.

STEP #2: IDENTIFY THE SHOULD THOUGHT THAT'S CAUSING TROUBLE

Examples of should thoughts include:

"I should be able to balance everything on my schedule right now."

"I should wake up early because that's what productive people do."

"I should go to the gym a minimum of 5 days a week."

This kind of thinking implies that things have to be done in a certain way to get it 100% right.

These thoughts also encourage you to judge yourself harshly because, obviously, everyone else can do it the right way, so why can't you?

List the should thoughts that are causing your feelings of overwhelm:



Client Success Story: When I started working with Amanda, she was a talented young therapist brimming with ambition and eager to make a difference in the lives of the families she served. But stress and feelings of overwhelm just kept holding her back. She felt confused, unsure, and pressured. She applied this process to discover and clear the should thoughts that were keeping her stuck. Today, she's living her dream, spearheading her own innovative counseling program that's fully booked and even has a waiting list. She's more confident and self-assured than ever before. She has more time and energy for her husband and her 3 children. She even has time to vacation to her favorite destinations!



STEP #3: REPLACE SHOULD THOUGHTS WITH HELPFUL THOUGHTS

In this step, take decisive action to eliminate troublesome should thoughts by replacing them with helpful thoughts.

Often we can't imagine thinking any other thoughts, even though there are hundreds of different thought-forms in the world. Here are a few straightforward examples:

Should Thoughts:

Original: "As an adult, I should be able to fly without any fear or nervousness."

Revised: "I'm working to overcome my fear of flying. This will take time. Today, I accept myself where I am in the process."

Original: "I should be able to do it perfectly!"

Revised: "It's about *progress*, not perfection! Achieving mastery will take time. I am improving with each iteration."

Original: "I should say yes to everyone and everything."

Revised: "I deserve to take care of myself, too! I can say yes and I can say no."



TO RECAP...

When you feel overwhelmed, you can restore feelings of calm and clarity by following this simple 3 step process:

1. Remember it's not your circumstances that cause feelings of overwhelm, it's your thoughts.
2. Look for troublesome should thoughts.
3. Take decisive action to replace the should thought(s) causing your feeling of overwhelm.

This 3-step process can be mastered! You simply need to practice!

However, unlike other skills, identifying and replacing thoughts can be challenging because your thoughts are often automatic and imperceptible.

That's why it's helpful to pay attention to how you feel. When you feel overwhelmed, stop and look for the thought that came before the feeling. Then, change the thought, which will change your feelings.

NEXT STEPS

Identifying and replacing thoughts can be challenging! That's where a trained professional can make a difference. To discover how stress relief coaching can help you transform your response to stress and overwhelm, [email me](#) or [grab a spot on my calendar](#). We'll talk about your goals and find a solution that's right for you. The 20-minute consultation is free with no strings attached.

ABOUT DR. LESLIE BOSCH



Leslie Bosch, PhD, is a Developmental Psychologist and National Board Certified Health and Wellness Coach. Dr. Bosch received her training as an Integrative Wellness Coach from the Andrew Weil Center for Integrative Medicine. Dr. Bosch provides personalized stress relief and integrative wellness coaching to individuals and groups online.

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