

# 3 Ways to Overcome Overwhelm



Do you find yourself feeling like you are being pulled in a hundred directions and can't seem to get your focus back?

Do your personal priorities of eating well, fitting in your exercise or getting enough sleep fall by the wayside (or take a back seat) as you take care of everything else demanding your attention?

The demands on our time can force us to spend our time and energy on things we would rather not do – like trekking the kids all over, taking the dog to the vet, dealing with work problems after hours or household chores - and we are often left feeling frazzled and resentful.

*I understand how you feel!*

I know what it's like to struggle with maintaining a healthy balance between family, work, and self-care priorities. I have had those frazzled, overwhelming, "what do I do next" kind of days!

*But here's the thing...*

**Feeling overwhelmed and out of balance on a regular basis can lead to physical and emotional symptoms of stress.**

Your body learns to cope with the busy-ness, lack of healthy fuel, and lack of sleep by increasing cortisol levels.

Cortisol is the “stress hormone” and high levels over time can wreak havoc on your health resulting in

- weight issues
- headaches
- anxiety
- poor energy
- hormone imbalance
- high blood sugar
- and more

**Here are 3 simple steps you can take,  
even on a really crazy busy day,  
to help you feel more focused, less overwhelmed  
and like you can tackle your to-do list.**

**1**

***Breathe!***

This simple step is worth the time and effort and will change your cortisol level in 5 minutes.

You can do it 2 ways:

1. **CALM app** - You can find quick and easy meditations on the CALM app at [www.calm.com](http://www.calm.com). These short meditations guide you to be able to relax in your parked car, at your desk, at your kid's event or when you awaken in the morning.
2. **4-7-8 breathwork.** This breathwork technique is simple and will make you feel like you've had a mini vacation. Here's how:
  1. inhale through your nose for the count of 4
  2. hold your breath for the count of 7
  3. exhale slowly through your mouth for the count of 8
  4. repeat this 3 times in a row



## *Try to decrease your caffeine, alcohol and sugar intake for the day.*

By making a concerted effort to decrease these toxins for the day, you will feel amazing and will be rewarded with more energy, better sleep and fewer cravings.

It may seem like having the caffeine will increase your productivity or that a glass of wine will help you relax, but they won't!

And adding sugary snacks or desserts will only increase your cravings, create energy dips and decrease the quality of your sleep.

Instead, focus on replacing the caffeine and alcohol with water and choose fruit for a sweet treat or snack.

# 3

## *Make time for one act of self-care.*

Showing yourself some kindness and making some time to meet your own needs can decrease resentment and feeling overwhelmed.

Even taking 10 or 15 minutes allows you to take a hot shower or quick bath, take a walk in the sunshine, practice a few yoga poses, relax on your lanai and listen to the birds, read a chapter in your book or an article online, make yourself a healthy meal or spend a few minutes meditating.

You will feel refreshed and it always feels better to take a break from the busy-ness of the day to take care of yourself.

*Just practicing these 3 simple steps can help you conquer your frazzled nerves and feel more focused and grounded.*



As a side benefit, your cortisol level just went down and you can count on a reduction of cravings, improved blood pressure and blood sugar and a better night's sleep.

*What great gifts you have given yourself!*

## *Need some more support with overcoming overwhelm to regain a life in balance?*

I'm Pam Mathis, a Registered Dietitian/Nutritionist  
and an Integrative and Functional Nutrition Specialist  
as well as a Health and Wellness Coach.

*It's my mission to help you take back your health.*

I'm here to help you

- **feel better than you have in years** with renewed energy and vitality.
- **be more in control of your choices** and feel more balance in your life.
- **know what to eat and how to navigate vacations and events** without losing a healthy mindset.

*Connect with me for a consultation at 941-907-3757  
or at [pamathisrd@gmail.com](mailto:pamathisrd@gmail.com).*

