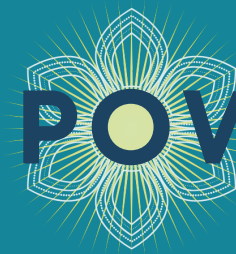


7 strategies

to help you

# POWER THROUGH OVERWHELM



Inner  
**POWERED**  
Leaders

with Kim DeChaine



Burnout and overwhelm are at an all-time high. We cannot control the circumstances surrounding the overwhelm, but we can control how we react and deal with it.

All of these activities help bring our awareness to the present moment, which gives our brain a break. We need to train our brain to slow down, so we are able to focus, find clarity, and be productive.

Start small. You do not need to attempt all of these every day. I challenge you to make a conscious effort to do 2-3 a day and notice what happens after 2 weeks.

All of these strategies are skills and if you want to get better at a skill, you need to practice. Adding any of these into your daily routine and consistently practicing them every day for 2 weeks, I guarantee you will feel a positive difference in your life.

You will feel calmer, have increased efficiency, focus, patience, and be able to cope with stress positively.



# 1. BREATHING EXERCISES

Deep breathing has extraordinary effects on our mind and body. The challenge is to breathe deeply for a minimum of 1 minute per day. I encourage you to set a timer.

Disclaimer: If you are new to deep breathing, you will have thoughts that come into your mind, that is totally normal. Just notice them, and try to let them go. Again, it takes practice.

To keep your focus on your breathing try one of these breathing exercises.



## A. FOUR-SQUARE BREATHING

Set your alarm for 1 minute.

Breathe in through your nose for a count of 4

Hold it for a count of 4

Breathe out for a count of 4

Hold it for a count of 4 and begin again

4 cycles of this is 1 minute.

## B. COUNTDOWN BREATHING

Start at any number, and as you breathe for your allotted time, countdown each breath in your head.

## C. PEACE BEGINS WITH ME

Take a deep breath in and as you breathe out say:  
*(can be out loud or in your head)*

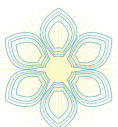
Touch your thumb and your pointer finger and say: **Peace**

Touch your thumb and middle finger and say: **Begins**

Touch your thumb and ring finger and say: **With**

Touch your thumb and pinkie finger and say: **Me**

Touching the fingers together and saying the words, gives your brain something to focus on other than your thoughts. You can replace the words with any other words that inspire or motivate you.



## 2. SILENCE - UNPLUG

It is important for us to take time to be by our self every day with no outside distractions. Being quiet gives us a chance to become aware of what is going on in your mind and it lets you check in with yourself.

Once a day remove all external stimuli, television, music, telephone, computer, lights and close your eyes and spend time in silence. This will help to release the crowded words and thoughts in your mind. This can be incorporated with your breathing exercises.





### 3. FIVE SENSES

You don't need to set your timer for this one, just be aware what you notice for each of your senses. This exercise is bringing us into the present moment, teaching our brain to focus on the now. It's a great one to do outside!

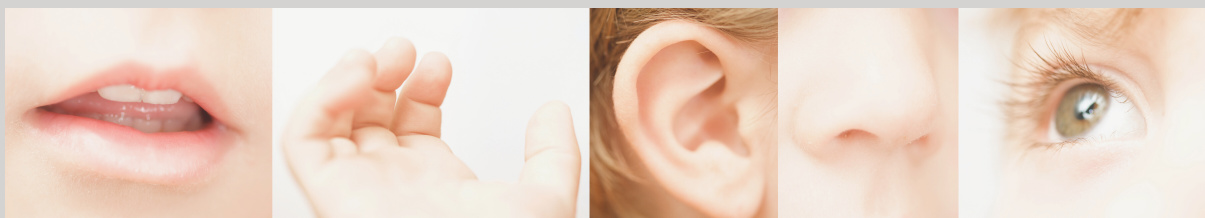
What do I **hear**? You can write it down or just notice it and say it to yourself. (eg. I hear a phone, birds, a door closing, clock ticking...)

**See:** I see my desk, I see paper, I see the sunshine, I see people, I see the clock

**Taste:** any welcome or unwelcome tastes in your mouth, my mouth is dry

**Feel:** I feel cold, I feel a breeze, I feel anxious, I feel my shirt against my back

**Smell:** I smell bleach, flowers, perfume, hairspray



## 4. PRACTICE GRATITUDE

Gratitude is a skill in making an active choice to pause and appreciate small moments.

As we begin to practice this skill we become more mindful of the small instances of joy, awe, and kindness in our life, which in turn attracts more abundance to us. It also helps to shift our mindset and brings us to the present moment.

When you notice something you are grateful for acknowledge it by writing it down or saying it in your head. I am grateful for the sun shining. I am grateful there is no line up at Tim Horton's. I am grateful for this delicious pizza. I am grateful the kids are asleep.



## 5. SMILE OR LAUGH

Try to laugh and smile as often as you can in the day.

Watch a funny video or movie, read some jokes, call someone who makes you laugh, think about funny memories. Try to choose laughter instead of getting mad at yourself or when you are feeling frustrated.

Did you know that one minute of anger weakens the immune system for 4-5 hours? On the other hand, one minute of laughter boosts the immune system for 24 hours! When we are laughing, our mind is only concentrating on what is funny.





## 6. DO SOMETHING YOU ENJOY

It is easier to be in the moment when we are doing something we enjoy. Try to do at least one thing a day that you like/love/enjoy to do. It can be as simple as watching a favorite show, reading, having a bath, shooting some baskets, doing a craft or going for a jog.



## 7. GO OUTSIDE

When we are outside, it is easier for our brain to be in the present. Nature boosts endorphin levels and dopamine production, which promotes happiness.

