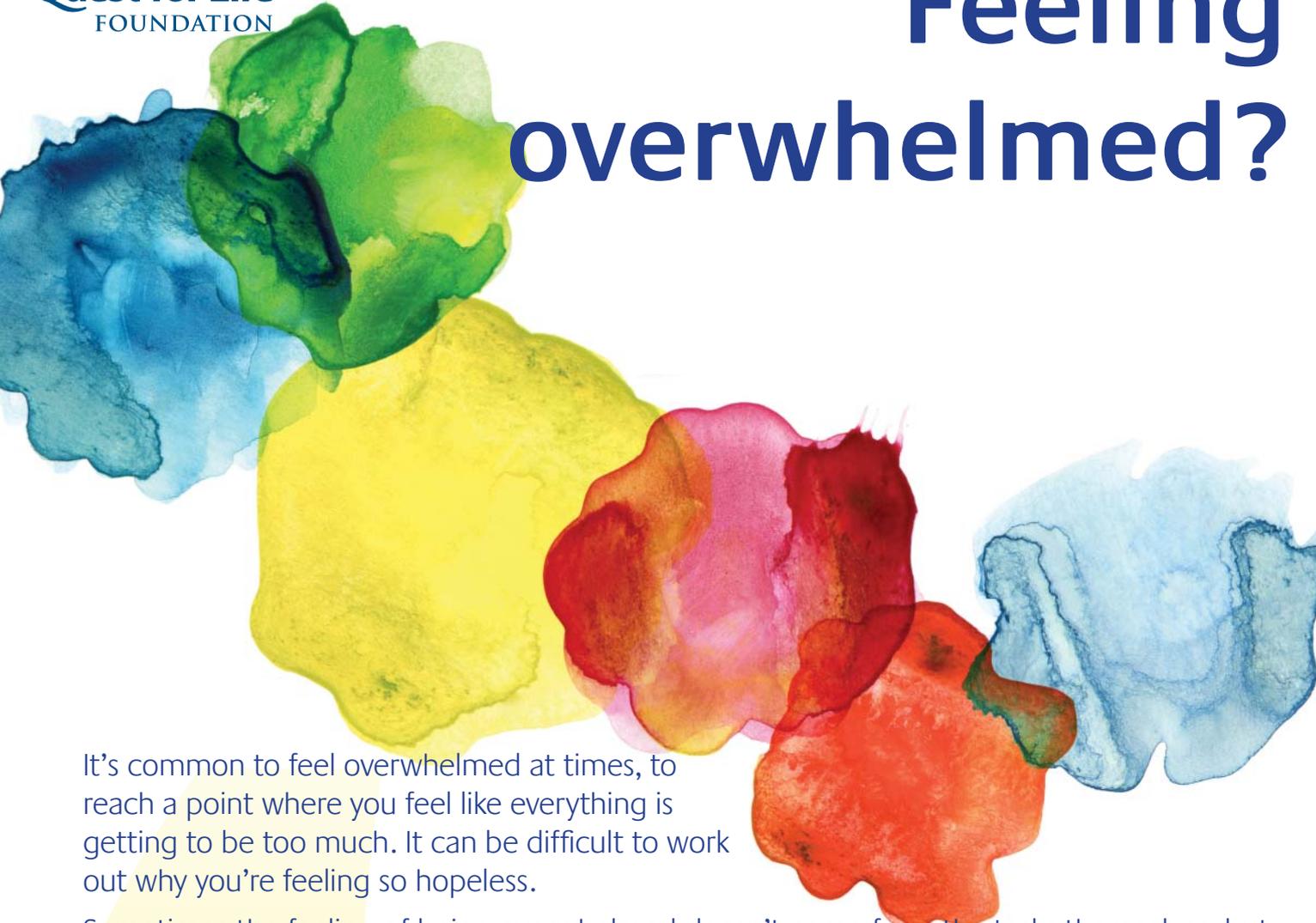


Feeling overwhelmed?



It's common to feel overwhelmed at times, to reach a point where you feel like everything is getting to be too much. It can be difficult to work out why you're feeling so hopeless.

Sometimes the feeling of being overwhelmed doesn't come from the tasks themselves, but from the mental clutter that occupies our minds. Remember, nothing lasts forever. Below are some quick and easy ways to calm down when you're feeling overwhelmed:

Let go of things

Take a look at your to-do list and ask yourself, "If I don't do it today, will it matter a month from now?" Sometimes the urgent tasks aren't the really important ones. If you're feeling overwhelmed, break tasks down into manageable goals and focus only on the things that really matter.

Make 'just one thing' your mantra

When you're feeling overwhelmed by the amount of things you need to do, it's hard to know where to start. The best way to get your mind to quieten is to focus on just one thing. Pick one small task and begin. One task at a time.

Meditate and come to your senses

Meditation is conscious relaxation for the mind. It's an extremely effective way to increase focus and address the problems you're dealing with. Whenever you feel overwhelmed by tension, close your eyes for 5 minutes, and focus solely on your breath. For more tips on meditating and mindfulness visit our website at

www.questforlife.com.au/meditation-practices.

Get moving

Any exercise you engage in – be it walking or dancing to your favourite beat – helps to pump some ‘feel-good’ hormones called endorphins, through your body. They also clear your mind. Staying active increases your productivity, enhances your ability to cope with stress and helps relieve nervous tension, boosting your mood and changing the thoughts that induce the sense of being overwhelmed.

Change your surroundings

Go outside for a few minutes and enjoy the sunshine. Stop at a park instead of driving straight home from work. We need fresh air and time in nature. Sometimes changing surroundings and doing something different is all it takes to change your perspective and find creative solutions to complex or overwhelming challenges.

Press pause and laugh

Literally stop everything and take a break to tickle your funny bone. Laughing and smiling frequently have been proven to reduce stress levels, making you less prone to anxiety. Next time stress builds up, take a moment to browse through funny images on YouTube or watch a comedy.

More omega-3 and vitamin B please!

Anxiety affects our brain and body therefore, recovery involves nourishing the brain and body. Give them the nutrients they need by eating foods rich in omega-3 and vitamin B. Studies have linked vitamin B with good mental health, and omega-3s can help reduce symptoms of depression and anxiety. Cut down on sugar, processed food and caffeine as these foods increase symptoms of anxiety.

Get Help

If these simple measures are not enough then visit a GP or counsellor. They can put you in touch with resources to give you longer term support.

Visit www.questforlife.com.au.

If you experience suicidal thoughts, call Lifeline on **13 11 14**.

