

5 Ways To Stop Living Overwhelmed

(And the encouragement to support them.)

1. Remember God is never overwhelmed.

Why does this matter? Because if He's never overwhelmed, His children (you and me) don't have to be either. Believe it or not, we can refuse to be so overwhelmed. We can choose a different way... God's way. Sure, you and I may still have lots going on in us and around us, but we don't have to live this life overwhelmed. Look at this Psalm:

Depend on the Lord; trust him, and he will take care of you. Psalm 37:5 NCV

And this from Proverbs:

Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track.

Proverbs 3:5-6 MSG

What if we stopped living in our own strength and depended on God and His strength, instead? What if we fully trusted Him with our circumstances and with our lives? We aren't expected to figure out everything on our own. He will take care of us, friend. He will keep us on track. Amen!

2. Realize sometimes our minds make mountains out of mole hills.

Ever heard that expression? Our minds can blow small issues into mountainous ones. Sometimes you and I may feel so overwhelmed because our mind is exaggerating what's really going on. It's doing what it's supposed to be doing. It's giving us feedback based on what it has learned or is learning. Then, our emotions follow. No wonder we feel overwhelmed!

But the thing is, that feedback isn't always correct. Stop right now and write down what's overwhelming you. Every little thing. I'll wait. On paper, is it as bad as it feels? In black and white does it look as overwhelming, or does it look a little more manageable? Writing it out can be a big help!

3. Recognize sometimes we try to tackle too much.

I'm raising my hand here. I always try to tackle too much. And when I do, I am left feeling far too stretched and strengthless. You and I aren't expected to take on everything, friend.

It's okay to say no. Look back to what you wrote on your list from number 2 above. Is there something you can say no to? Is there something you can let go? Or is there something on your list that someone else can do? I sometimes must ask myself the question, "Is this something only I can do, or can someone else help me with this?" It's okay to let go of what you don't have to do and give that blessing to someone else.

4. You don't have to do it all today, just do the next thing.

When I see a long to-do list in front of me, I can easily feel paralyzed. *I have to do all of that today?* There's no way. But, if I just look at one item on the list and begin on that item, it's much more achievable. I'll soon cross that item off the list and can move on to the next one. Surprisingly, some days I finish the entire list, one item at a time! Yes! That's a great feeling, isn't it?! (Especially for us list makers.) Focusing on simply doing the next thing makes a long list much less overwhelming. Before you know it, it's done! Friend, you don't have to do it all today, just do the next thing.

5. We function better (and are less overwhelmed) when we are rested.

When was the last time you rested? I'm not necessarily meaning a nap or extra sleep, even though that's a part of rest. But have you recently taken time to calm your heart, to refresh your spirit? When we go and go and go, and forego important rest, we become depleted and eventually empty. We must take time to fill ourselves back up. It really isn't an option. I know... who has time to rest with all you have on your plate, right? But taking time to rest actually helps us function better. It helps us feel less overwhelmed. So, what's one way you can rest today? A walk outdoors? Sitting quietly for a few minutes? Taking a break to breathe deep and close your eyes?

Friend, take a moment to breathe. To say a prayer. To release the stress from your body. Let go of what you cannot control and leave those things in God's hands.

Pour out all your worries and stress upon him and leave them there, for he always tenderly cares for you. 1 Peter 5:7 TPT

Blessings to you!

A handwritten signature in cursive script that reads "Julie Lefebvre". The signature is written in black ink and has a horizontal line underneath it.