



**Martyn Dawes Coaching
and Consultancy**
THE OVERWHELM COACH

13 Ways Overwhelm Can Dramatically Affect Your Life

*'The first stage of escaping a trap is to
recognise you are in one'*

OVERWHELM CHECKLIST

Tick any that apply to you

- I HAVE ERRATIC SLEEP PATTERNS
- I FIND IT DIFFICULT TO FOCUS AND LOSE CONCENTRATION
- I FEEL CONSTANTLY TIRED AND LACK ENERGY
- THERE IS OFTEN TENSION WITH FAMILY MEMBERS, FRIENDS AND THOSE I LOVE MOST
- I DELAY MAKING DECISIONS AND PROCRASTINATE
- INCREASED PHYSICAL PAIN, HEADACHES, ACHES OR MUSCLE PAIN, INCLUDING IBS
- I AVOID SOCIAL CONTACT WITH PEERS AND SELF ISOLATE
- I ENGAGE IN ADDICTIVE BEHAVIOURS SUCH AS OCD AND OVER EXERCISE
- I SELF-MEDICATE, OVERUSE ALCOHOL OR OTHER MIND-ALTERING SUBSTANCES
- I CAN OFTEN OVER-REACT TO SEEMINGLY MINOR SITUATIONS
- I OFTEN HAVE SUSTAINED PERIODS OF LOW MOOD AND A NEGATIVE OUTLOOK
- I FEEL LIKE I AM STAGNATING
- I HAVE FEELINGS OF HELPLESS AND LACK OF PURPOSE

OVERWHELM CHECKLIST

From The Overwhelmed Manager book

The feeling of Overwhelm is not uncommon and is not a unique condition in itself, but rather made up of a variety of single factors that go to make up that all-consuming Overwhelmed feeling.

Imagine you have a bottle, and you start to fill it with these individual factors. You can deal with quite a lot of these factors yourselves, but as the bottle gets more and more full, it begins to overflow.

The question is, what are you putting into your bottle?

- Stress?
- Fear?
- Anxious feelings?
- Negative view of life?
- Negative view of others?
- Overwork?
- Constant and persistent tiredness?
- Doubt?
- Low self-esteem?

Much like a computer programme, the information the mind receives determines the programme that it runs. It really doesn't care what programme it is; it just runs the programme.

If you are programming your brain with unhelpful data, you can always change the programme. You are in charge.

OVERWHELM CHECKLIST

HOW MANY HAVE YOU TICKED?

1 to 3	You need to take urgent action to stop the downward spiral
4 to 7	Normal levels of stress are acceptable unless they affect your emotional wellbeing
8 or Over	Let's look at ways to reduce those feelings of overwhelm.

Buy your copy of The Overwhelmed Manager: What To Do When You Don't Know What To Do here

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*Disclaimer: If you think you may be suffering from clinical depression and/or compulsive behaviours, or you are living with a psychiatric condition I would recommend that you consult your GP or relevant medical practitioner who can advise accordingly . Coaching is not recommended as a substitute for Medical or Psychiatric intervention