

every
woman

Lighten the load – how to navigate overwhelm

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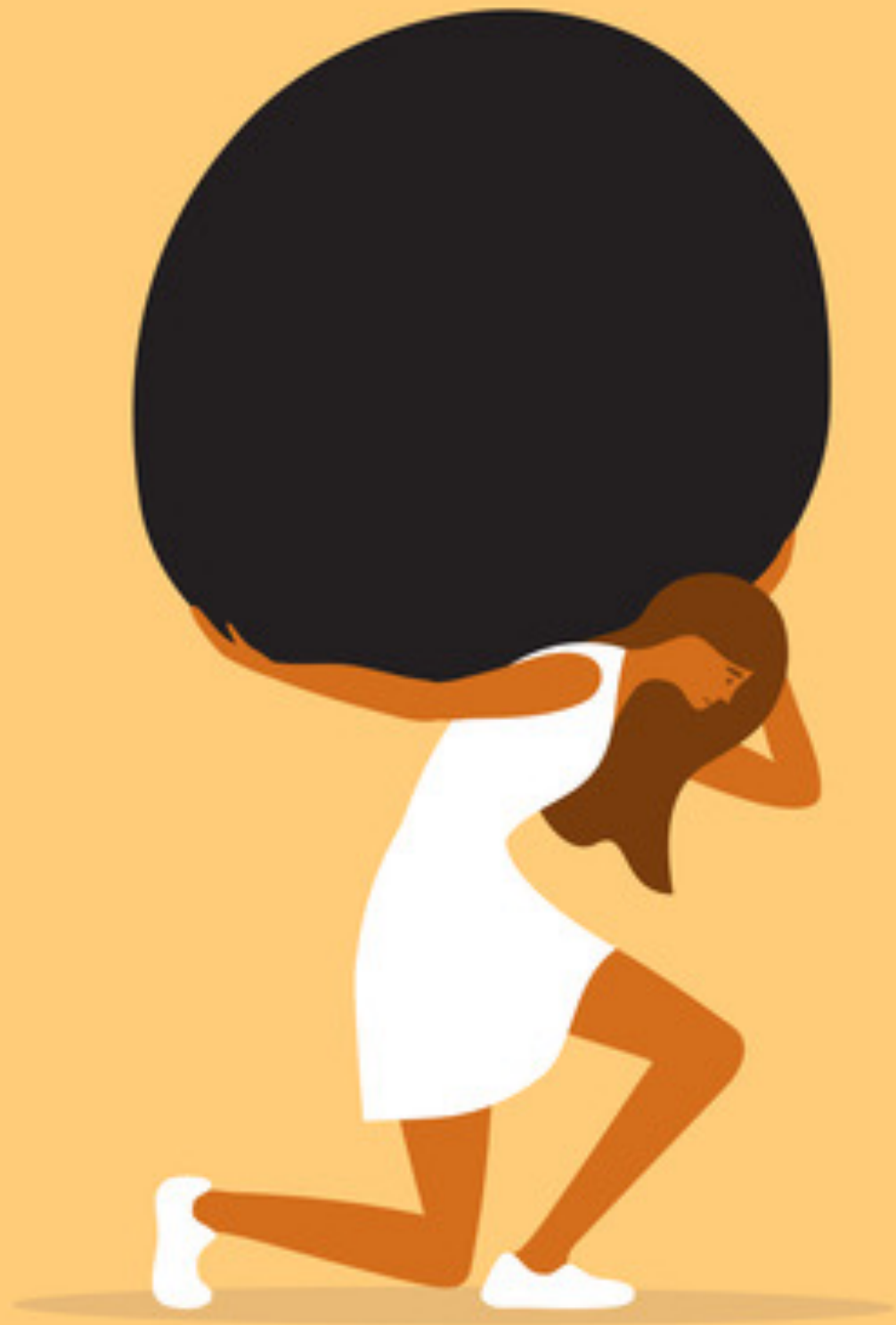
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Sally Kettle

everywoman expert



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Today's class

- Understanding overwhelm
- Stress & overwhelm
- Recognising symptoms
- Navigating overwhelm



“

*I was much too far out all my life
And not waving but drowning.*

”

Stevie Smith
"Not Waving but Drowning" 1972



Poll One

Have you experienced, or are you experiencing, feelings of overwhelm?

A – Yes, I’m experiencing them now

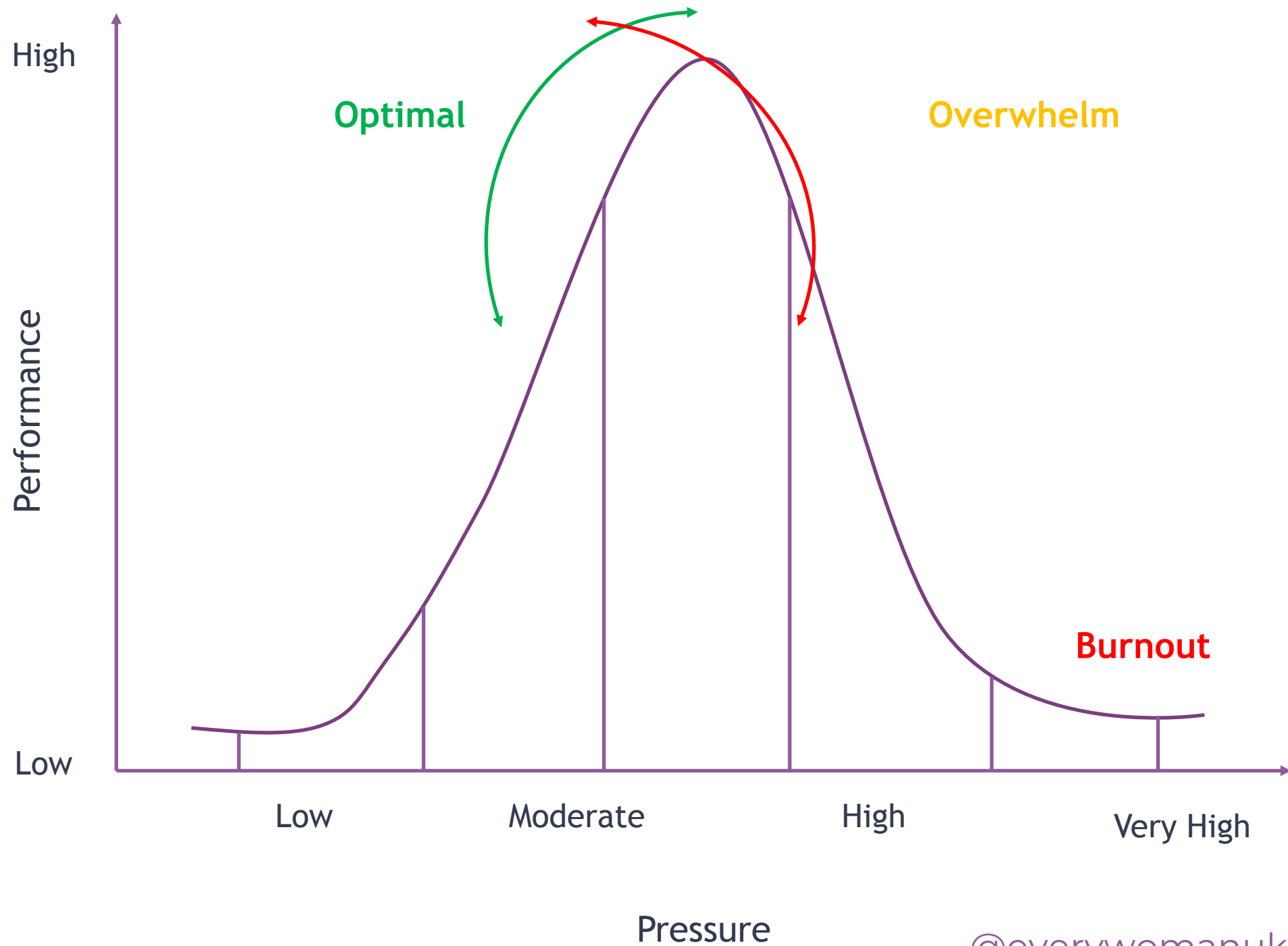
B – Yes, in the past

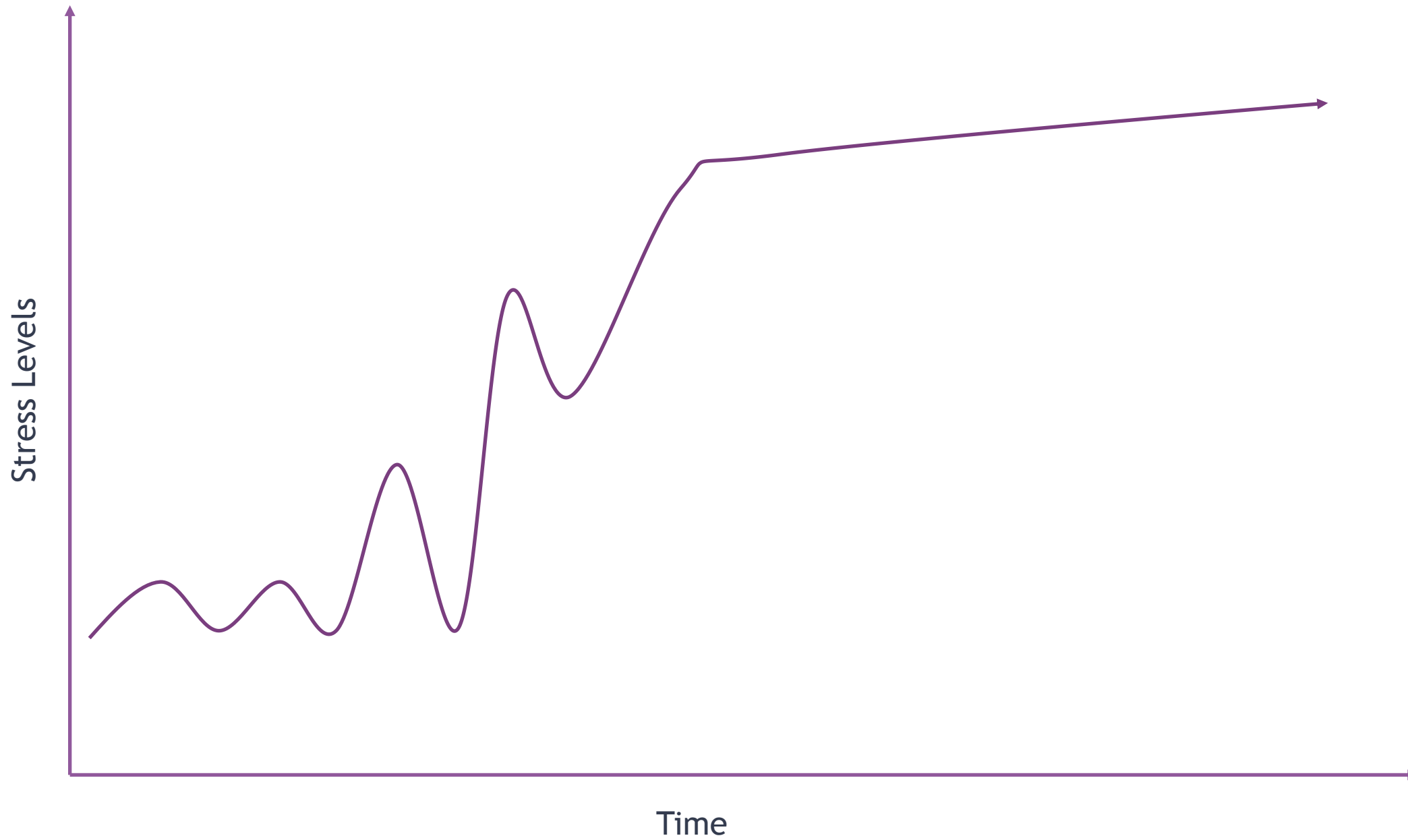
C – No

Understanding overwhelm



Pressure vs performance



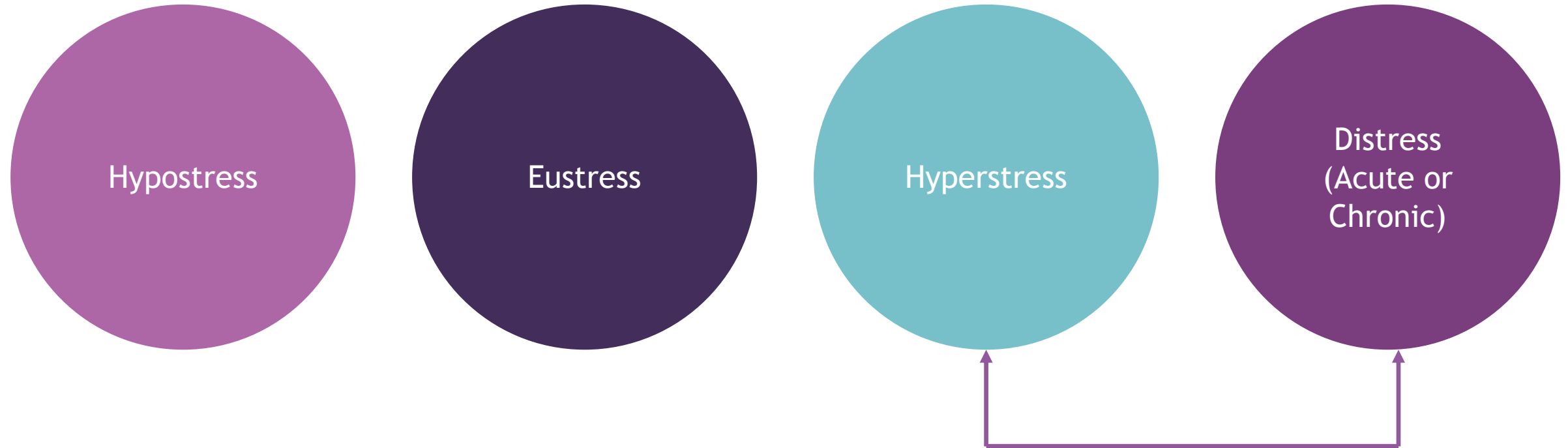


**Stress levels
vs
time**

Stress & overwhelm



Types of stress



Recognising symptoms









Navigating overwhelm

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1. Embrace the power of “No!”



2. Prioritise

A row of seven white balls is shown against a dark background. The ball in the center is replaced by a bright orange ball. The balls are arranged in a slightly wavy line. At the bottom of the image, there is a green surface, possibly a table or floor. A white, torn-paper-like shape is overlaid at the bottom, containing the text.

3. It's ok to drop some balls

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4. Invest in your wellbeing

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C L A N G E R S



5. Gain awareness to aid prevention



Your overwhelm checklist



Prevention

Be mindful of taking on too much

Prioritise your wellbeing

Recognise stress triggers



Assess & reflect

Be ready to say no!

Do you need support?

CLANGERS



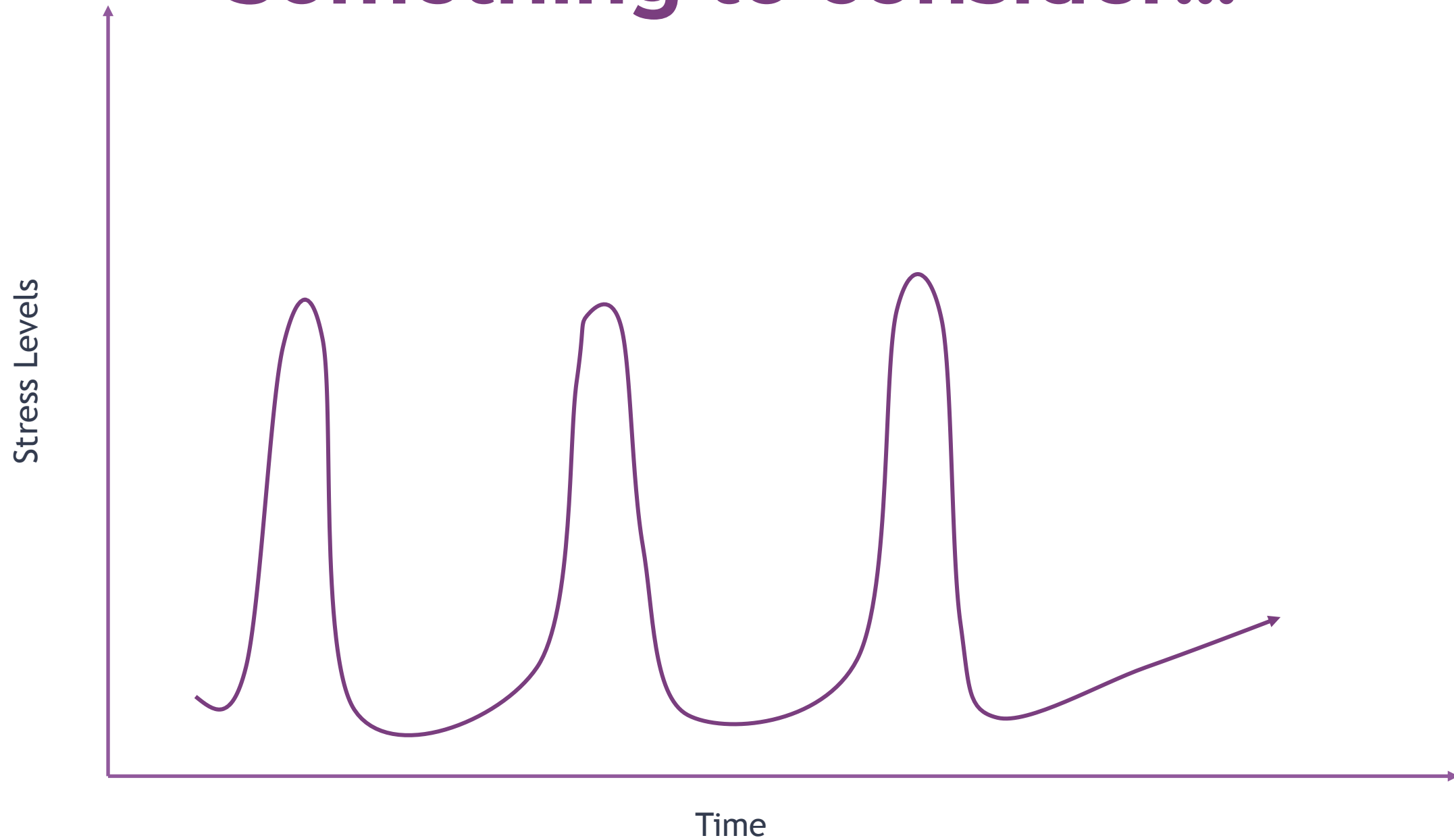
Take action

Ask for help

Engage professional support if you need it

Act now!

Something to consider...



Overwhelm has long
term effects...





Poll Two

What now?

A – Reflect on how you're feeling

B – Find some support

C – Invest in your wellbeing

D – Something else – tell us in the chat