Feeling Overwhelmed?

If so, you're not alone. We all feel overwhelmed at times.

When you're feeling overwhelmed, it's important to have strategies that help you cope and feel more on top of things. *Here are some tips that might help.*

Take deep breaths. When you're feeling stressed out or overwhelmed, stop, breathe in deeply, count to four, and exhale. Do this for two minutes.

Take a time out. Do something that has nothing to do with school, work, or any of your obligations—read a book, listen to music, go for a walk, take a hot bath.

Learn to say no. Don't be afraid to turn down requests and say no to invitations.

Look at all you're doing. You may have taken on more than you can handle. If this is the case, try to simplify your life. Look for activities or obligations you can eliminate, shorten, or postpone. Do not sacrifice sleep or exercise to get everything done.

74% of people report feeling overwhelmed at times.

Also feeling stressed out? For tips on dealing with stress, watch this video.

VIDEO

Get organized. Sometimes things feel chaotic because our space feels chaotic. Take time to clean and organize your living space, study area, and backpack.

Improve your time management. Having good time-management skills will help you use your time more efficiently—and feel less stressed and overwhelmed. *Here are some time-management tips.*

▶ **Make to-do lists.** Having a to-do list allows you to focus on what you need to do, instead of wasting time worrying about how you're going to get everything done—and wondering what you forgot.

▶ **Create routines.** A good morning and nighttime routine will save you time and help your day run more smoothly.

▶ **Control time wasters.** Social media, TV, and video games can all be huge time wasters. Schedule short periods for these activities and stick to your schedule.

▶ **Look for wasted chunks of time.** Think about how you can use these times more effectively. For example, review your class notes while you're waiting for a ride.

▶ **Plan out the week.** Each Sunday night, plan out the coming week. Make sure you have time to do everything that's scheduled.

▶ **Take time to relax.** Set aside time each day to rest, relax, and recharge your batteries.

Sometimes the most important thing you can do when you are feeling overwhelmed is to ask for help.