

Overcoming Overwhelm

*Mindfulness and Emotional Intelligence Tools to
Cultivate Resilience*

Let's get started!

PLEASE HAVE PAPER AND PEN AVAILABLE
FOR AN EXERCISE





Thank
you!

About Me...

Leah Corcoran, R.N. CLC, CHC

I am a Life Coach who helps people create more balance and peace in their lives by optimizing their self-care practices, their mindset and habits.

I specialize in supporting those who work in the social sector: social work, education, mental health, healthcare.



The Sober Truth...

Life is more stressful now than ever, especially **for those who work in the social sector.**

Many of us are faced with having to *do more with less...* all while balancing work and home life.

Left unchecked, the stress can lead to **sleepless nights, overwhelm, depression, anxiety, and burnout.**



The irony is...



Overcoming Overwhelm and Preventing Burnout

Burnout is the result of chronic stress that goes unchecked. It's a state of mental, physical and emotional exhaustion that stems from feeling perpetually overwhelmed.

- compassion fatigue
- apathy
- irritability
- Brain fog
- anxiety/depression

re·sil·ience

1. The capacity to recover quickly from difficulties; toughness.
2. The ability of a substance or object to spring back into shape; elasticity.

Resilience is the ability to withstand stressful and *even overwhelming circumstances*, and then...recover.



THE ANTIDOTE TO OVERWHELM IS ACTION!

LET'S GET INTO THE PRESENT MOMENT WHERE PEACE LIVES





MINDFULNESS

Teaches us how to:

- Get out of our heads and more in the moment, without all the worry and fear.
- Live our lives with more peace, clarity and creativity.
- Feel calmer, less reactive, more clear-headed, more joyful, and more connected.

Life feels more managable!



Tool #1

The 5 Senses Check-In

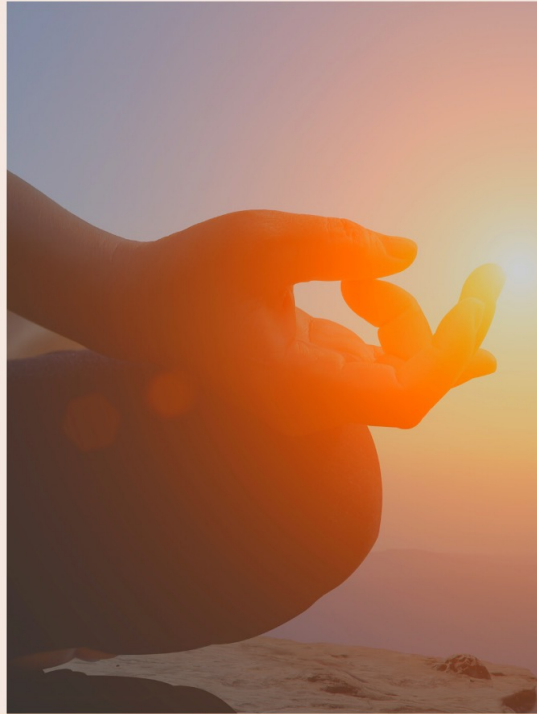
- **Stop obsessive thinking** by tuning into your 5 senses
- Notice what you **see, hear, smell, taste and feel**
- Use this to get you out of your head and **into your body** and the **present moment**



Tool #2

The Calm Palm

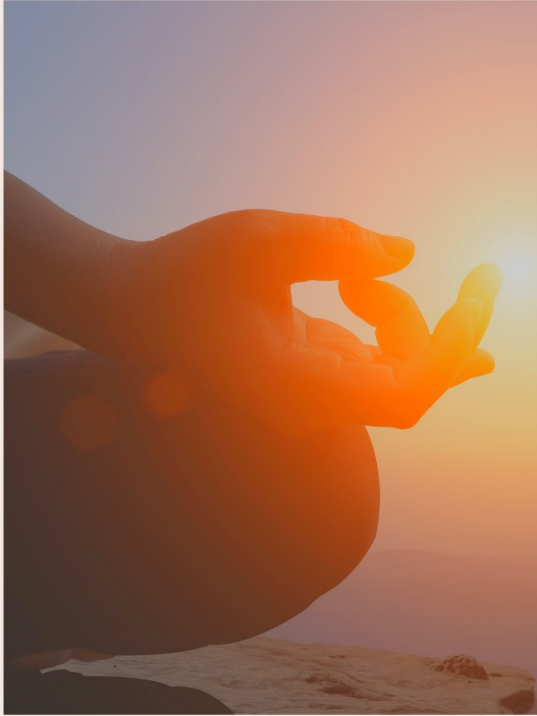
An anchoring tool to get you out of
your head and into your body.



Tool #3 Meditation

Myths:

1. It takes special training
2. It's too much of a time commitment
3. The goal is to stop your thoughts



Tool #3

Meditation

Simple meditations:

1. "**I..feel..relaxed..now**"..(while touching each finger with your thumb), then..INHALE...EXHALE..
2. Two minutes + two words: "**Here**" on the inhale..."**Now**" on the exhale.. Slowly.

Thought comes in...just don't attach to it.



Tool #4

Reflective Writing

- Helps us make sense of the world and our experiences
- Take out the "mental garbage", and make space for peace of mind and creativity (problem solving)
- Access your inner wisdom and intuition



Tool #5

Powerful Questions

to interrupt the stress response

First, **notice the scenario** you're creating in your mind, then ask:

1. Is this true?
2. In this moment, am I safe?
3. Is there anything I can do in this very moment?



Tool #6

Insight and Intuition Exercise

1. Blank paper and pen
2. Think of an issue you're having (personally, at work, at home)
3. Use the power of your Inner Wisdom to help you find clarity by answering the 6 questions of the next page
4. Free-write for 5 timed minutes.

Ready, set...GO!

Insight and Intuition Exercise

1. What is the issue?
2. What is it I don't understand yet?
3. What is it I'm really feeling?
4. What is it I don't see yet?
5. What voice is speaking: Inner Critic or Inner Voice of Wisdom?
6. What do I need to do next?

Write for 5
timed
minutes. Don't
Stop!



Tool #7

Take a Break

Stay connected to your body!

- Remember to breathe!
- Stand, reach, twist and move energy through your body. Shake your whole body for 1 full minute to release stress, fear and anxiety.
- Step outside and face the sun.
- Take a big breath and SIGH!



Tool #8

Soothe Your Senses

- Soothing scents *
- Calming sounds (or no sound)
- A savored treat
- A soothing texture
- A tranquil sight to rest your eyes on

*Best essential oils for anti-anxiety
are Lavender, Chamomile,
Bergamot, and Ylang Ylang



Tool #9

Worry Time

- Create a designated time to worry (or problem solve!)
- Set an alarm of your phone for 8:00 pm
- Give yourself 30 minutes of "Worry Time"



Tool #10

Prioritize Self-Care

- Create and maintain healthy boundaries (for yourself and others. Learn to "Care, but don't Carry")
- Pay attention to the signs of stress, and take steps to interrupt and recalibrate. (Calm Palm, Mini-meditation, etc)
- Attend to that deeper, authentic self that needs care and nurturing, so you can care for and support others, **without burning yourself out.**

THANK YOU!



Additional Services:



- **Private Coaching**
- **Seminars**
- **Clarity Catalyst:** 8-week, evidence-based emotional wellness course designed to help you navigate life with greater peace, presence, purpose and joy.

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