

A Secret to Success: How 5 Steps Help You Manage Overwhelming Feelings

A secret to success is to heal your negative feelings and learn how to manage them so that you are in control of them instead of them controlling you. Feelings of being overwhelmed can control you if you allow them to. Feeling overwhelmed with situations in our life feels like “black cloud” is hanging over our heads and we feel like we are literally sinking in a “black hole”. Choosing to hold on to negative—overwhelming feelings—will affect your future financial success, personal success, and business success.

Everyday we are bombarded with information-information—and more information. Therefore, we must learn how to manage feeling overwhelmed with all this information; simply because when we are overwhelmed we stay in a “state of confusion”. When we are in this state of confusion because we’re feeling overwhelmed we feel stuck. It feels like we just can’t move forward because we don’t know what to do or what to do FIRST.

Would you like to stop feeling overwhelmed? What does feeling overwhelmed feel like? Well, it feels like it's paralyzing you and you can't seem to get anything done. It takes the enjoyment out of life. The consequences of severe--persistent overwhelm can be serious and can cause depression, job stress, and interpersonal messes with your relationships. We want it to stop, but we don't know how.

You may not even think it's possible.

The biggest temptation when you are exhausted at night is to not do anything because "I deserve it." You've been doing for other people all day long and you're literally worn out. If you are prone to this habit, plan how you will handle this feeling in advance. Do something nice for yourself and keep working on reducing the 'overwhelmed' feeling when you get home at night.

The secret to success, success skills, and the core skill for emerging from this state is to engage in the moment and take one step at a time. This can be the first “secret to success”. Take one step forward and just do ONE thing. When you are in overwhelm, you are constantly moving between the past (what you didn't do) and future (what you need to do). Therefore, you are completely missing the current moment - (what you are doing) which is the only time over which we have any control. If we've made the decision that we are going to have financial freedom and personal success, we need to learn to manage this emotion by having a “success strategy”.

Here are four steps to stop feeling so overwhelmed:

Step One: This can be the first secret to managing your feelings of feeling overwhelmed. Stop and focus on your breath. This sounds simple, right? You need to bring your focus quickly back to this moment. You may have to do this many times a day and this is a simple time-tested way to do it. If you have trouble with this---actually saying the word "STOP" out loud in order to get your own attention can work so you can focus on your breath.

This advice seems counter-intuitive. You are behind! You need to go faster! Help!
But what we really need is to slow down and focus on the present moment.

Take a few minutes to write down everything you need to do - big . . . small . . . today . . . next month . . . everything. Your brain was not designed to be a storage vault; it was designed to think. You can think and work more productively if you aren't trying to hold everything in your head.

Step Four: Complete one task. Randomly choose one small task from your list and do it. Your priorities are not important in this step. In fact, an obsession with trying to find the very highest priority task to do may be contributing to the feeling of overwhelm. Just do something. It doesn't matter what. After you've done one thing it is easier to do the second thing etc... This is a “success strategy” I have learned to use this “success skill” to “change the course of my life” in my home-based business and “online turnkey home-based business opportunity”.
Step Three: Write It Down On Paper:
Step Two: Slow down

Step Five: Let nature refresh you. One of the things I enjoy most is to just get outside and allow myself to feel the earth energy: the grass, the trees, the smells, the flowers, and the pure essence of the earth. This gives me the most immediate peace when I'm outside feeling the wind blow or allowing myself to soak up the energy of the sun. Nature doesn't always take away our problems; however, when we are outdoors--- away from phones, handheld devices, and television---there is a healing and purifying essence that sweeps the mind and body.

Absorbing the sunshine, clouds, fresh air, and whatever else nature provides that day will unfailingly get your mind off of whatever troubles may be with you in that moment.

Go for a walk, run through a field, ride a bike, or just sit in a lawn chair. The change in environment will shift your perspective and let you see things more objectively and a new perspective. All we need to do to get out of feeling overwhelmed is to shift our attention. Many times just getting out in nature gives us the clarity we need to take the next step in our personal and business life. To me this secret to success has made a big difference

many times.

The secret to success is to get out of that “stuck” stage, get traction for the moment, engage your mind in something productive, and feel the fulfillment of taking action and accomplishing something. This can help you from feeling overwhelmed when you have too much to do and not enough time. These success secrets will move you out of feeling overwhelmed and getting started with your next goal. Just “do it”. You can manage feeling overwhelmed.

About the Author

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