



# FIVE WAYS TO DEAL WHEN YOU FEEL OVERWHELMED

## PROBLEM 1

**"I'm just not good enough."**

### SOLUTION

Self-compassion = what would you say to a friend in a similar situation?

## PROBLEM 2

**"I don't know what to do!"**

### SOLUTION

Problem-focused coping = break down the "massive task" into small, manageable steps.

## PROBLEM 3

**"I just don't care anymore."**

### SOLUTION

Self-care = renew your mental energy by going for a walk outside, eating healthily, sleeping well and catching up with a friend.

## PROBLEM 4

**"This is too hard. I'll never get it right."**

### SOLUTION

Weigh the evidence = What makes me think it's true? What makes me think it's not true? What is an alternative way I can look at this? (Reframe the situation.)

## PROBLEM 5

**"This is so unfair!"**

### SOLUTION

Instead of focusing on the unfairness of the situation and external things you have no control over, focus on what is **IN** your control.



## Get in touch

Please call **1300 363 831** and ask to speak to one of our Apprentice Advisors or email us at [intrainingsupport@businessaustralia.com](mailto:intrainingsupport@businessaustralia.com)