

# "Grow with the Flow™" Overcoming Overwhelm: The 5 Keys

## 1. Relax, overwhelm is natural

Getting all stressed up about feeling overwhelmed when you're learning something new won't help. It'll just fuel the fire.

Just accept how you feel and take action on the first few steps to learning the new subject that's causing the overwhelm. Feeling overwhelm is natural. So go with the flow.

## 2. Overwhelm leads to personal growth

Congratulations, you've started something new. Something that will lead to personal growth and the fulfilment of your potential.

All in all, leading you to achieve your goals and improve what you do for others and thereby improve your life too. In giving we receive.

## 3. Do a sketchy plan

Sit down with a piece of paper and a pencil. Now sketch out a very high level plan of what you'll be doing over the coming weeks and months on this new topic, the sketchier the better.

Clearly identify the start point and end point. It gives your brain an initial picture and structure to work on subconsciously.

Don't worry, the plan will change. It's the planning that counts, more so than the plan (which will always be out of date).

## 4. Go back to an earlier overwhelming experience

Think of another time you felt overwhelmed. Then close your eyes and go back to it. Now feel the overwhelm.

Now move forward in time to a point where you now know about that subject. Find a point where the overwhelm has gone and remember how you felt.

See, you did it before you can do it again! You can overcome overwhelm!

## 5. Believe in the power of your brain

Your brain and sub-conscious are incredibly powerful. So believe in this power, your power.

Your brain will absorb all the new information for you. It'll organise it all and make all the connections. It's natural and the way things are supposed to be. You simply can't stop it.

It'll happen anyway whether you like it or not. But try not to rush your brain. Each brain works at it's own pace. We're all different.

Feel free to share this e-booklette with your friends, family and colleagues. Just leave the entire work unaltered and all the links in place. Thank you and enjoy. My best wishes Loz Wilson.