

# UNDERSTANDING OVERWHELM

## The Struggle

Have you ever felt overwhelmed? Of course, right? We all have.

In my experience, there are two things that cause a sense of being overwhelmed:

1. Not enough margin
2. Not enough clarity

## Today's Takeaway

When feeling overwhelmed, maybe you need a change. Or, it could be that you're on the edge of breakthrough. If you need a change, listen to what life is saying to you and make the change. If you need breakthrough, then keep on pressing through.

After dialing down, if you're still feeling overwhelmed, it's probably time to cut loose a responsibility.

However, not all seasons of overwhelm are caused by too much responsibility. Sometimes you're on the verge of a breakthrough. If so, keep moving. Push through and get that breakthrough.

# What To Do

**Don't go through busy and overwhelming seasons alone.**

The busier life gets, sometimes the more lonely it can get as well.

Get help and support from others. Buy a close friend a cup of coffee and ask them to listen to you for 30 minutes so you can get things out. Let them tell you if you need to keep pushing through unto breakthrough, or if you should scale back your responsibilities.

*The Elements of Focus is a free class about making time,  
finding clarity, and gaining traction in your passion.*

*Brought to you by Shawn Blanc and [The Focus Course](https://thefocuscourse.com).*