

# Overcoming Overwhelm



## Overwhelm Stats:

- 👉 More than three-quarters of adults report symptoms of stress, including headache, tiredness, or sleeping problems. (American Psychological Association, 2019)
- 👉 80% of U.S. workers say they experience stress on the job. (American Institute of Stress)
- 👉 Nearly half of all U.S. adults (49%) say that stress has negatively affected their behavior (American Psychological Association, 2020)
- 👉 74% of people feel so stressed they have been overwhelmed or unable to cope.
- 👉 So We **Medicate**: 46% say that they eat too much or too unhealthily due to stress. 29% say that due to stress they started drinking or increased their drinking.
- 👉 And We **Self-Harm**: Of those experiencing stress, 16% had self-harmed and 32% said they had experienced suicidal thoughts and feelings. (Mental Health Foundation and YouGov, 2023)

## Overwhelm Defined:

- To bury or drown beneath a huge mass.
- To defeat completely.
- To give too much of a thing to (someone), or inundate.

The Bible is a book of **Overwhelmed People**. In particular, Psalms describes **Overwhelm**, powerlessness, fear, and pain...

### Psalms 55:4-7:

"4 My heart pounds in my chest. The terror of death assaults me. 5 Fear and trembling overwhelm me, and I can't stop shaking. 6 Oh, that I had wings like a dove; then I would fly away and rest! 7 I would fly far away to the quiet of the wilderness."

### Psalms 77:1-5:

"1 I cry out to God; yes, I shout. Oh, that God would listen to me! 2 When I was in deep trouble, I searched for the Lord. All night long I prayed, with hands lifted toward heaven, but my soul was not comforted. 3 I think of God, and I moan, overwhelmed with longing for his help. 4 You don't let me sleep. I am too distressed even to pray! 5 I think of the good old days, long since ended..."

### Psalms 88:15-18:

"15 I have been sick and close to death since my youth. I stand helpless and desperate before your terrors. 16 Your fierce anger has overwhelmed me. Your terrors have paralyzed me. 17 They swirl around me like floodwaters all day long. They have engulfed me completely. 18 You have taken away my companions and loved ones. Darkness is my closest friend."

Psalms 65:3:

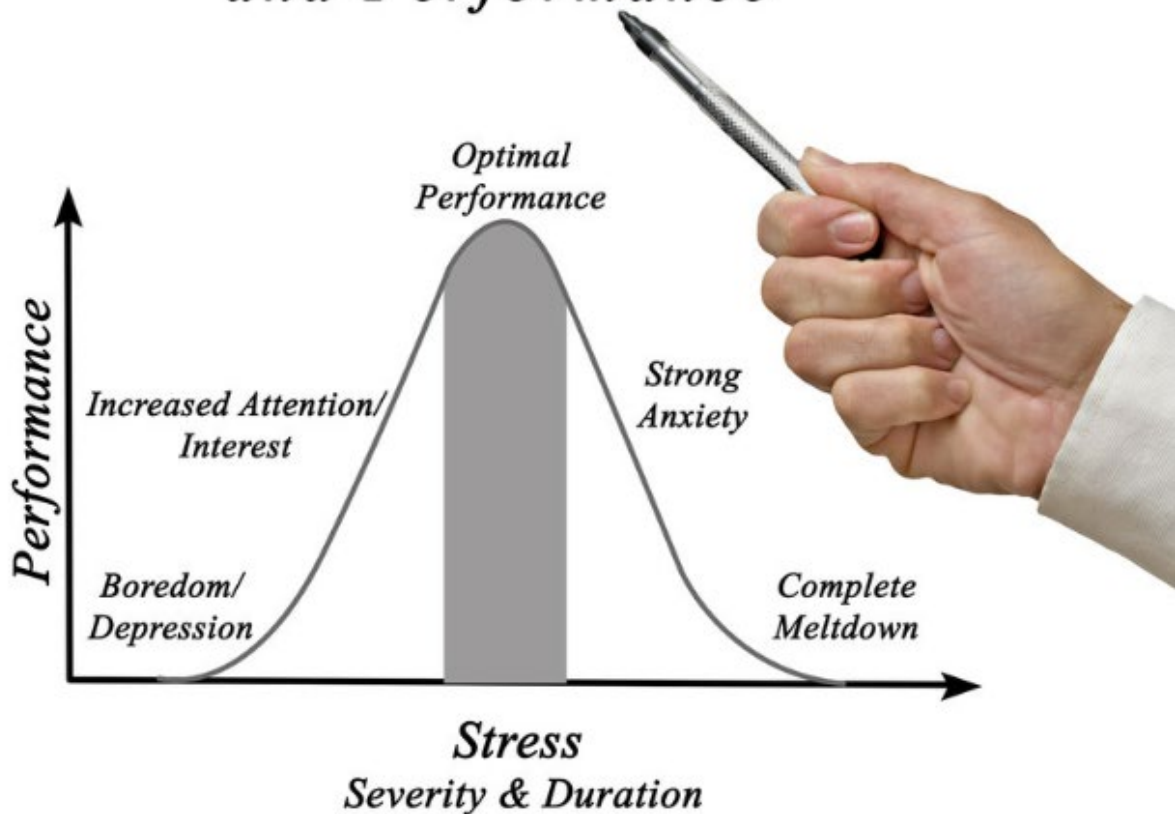
"3 Though we are overwhelmed by our sins, you forgive them all."

## Why Do We Get Overwhelmed?

1. **Burdens:** When you are carrying a massive load, **Overwhelm** is a natural response.
2. **Betrayal:** When the people you trust the most also do you the most harm, **Overwhelm** is a natural response.
3. **Beliefs:** When we believe we can't, we cant, and so **Overwhelm** is a natural response.

We all need a little **Overwhelm**, but too much **Overwhelm** can be **Overwhelming**...

## *Relation Between Stress and Performance*



## 6 Signs Of Overwhelm:

1. Powerlessness,
2. Energy Loss,
3. Physical Symptoms ⇨ The Body Keeps The Score,
4. Depression,
5. Feelings Of Isolation,
6. Cynicism.

## So, What Do You Do When You Can't Change The Situation?

### 1) *Change The Story!*

⇒ You May Not Be Able To Change The Situation, But You Can ALWAYS Change The Story...

### 2) *Change The Strategy!*

⇒ You May Not Be Able To Change The Situation, But You Can ALWAYS Change The Strategy...

⇒ *God Has The Strategy For Overcoming Overwhelm!* Psalms 142:1-3:

"1 I cry out to the LORD; I plead for the LORD's mercy. 2 I pour out my complaints before him and tell him all my troubles.

3 When I am overwhelmed, you alone know the way I should turn. Wherever I go, my enemies have set traps for me."

## Strategy For Overcoming Overwhelm:

1) **A - Acknowledge What You Are Feeling** ⇒ When we describe the emotion in just a word or two, it helps reduce the intensity of the emotion. Dr. Dan Siegel says, "*If you can name it, you can tame it.*" Psalm 61:1-4:

"1 O God, listen to my cry! Hear my prayer! 2 From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, 3 for you are my safe refuge, a fortress where my enemies cannot reach me. 4 Let me live forever in your sanctuary, safe beneath the shelter of your wings!"

2) **Breathe - In And Out** ⇒ Breathe IN gratitude and remembrance as you reflect on all God has done for you in the past, and breathe OUT toxic emotion, self-pity, fear, and anxiety. Psalm 124: "1 What if the LORD had not been on our side? Let all Israel repeat: 2 What if the LORD had not been on our side when people attacked us? 3 They would have swallowed us alive in their burning anger. 4 The waters would have engulfed us; a torrent would have overwhelmed us. 5 Yes, the raging waters of their fury would have overwhelmed our very lives. 6 Praise the LORD, who did not let their teeth tear us apart! 7 We escaped like a bird from a hunter's trap. The trap is broken, and we are free! 8 Our help is from the LORD, who made heaven and earth."

3) **Connect With Healthy People** ⇒ Do you have a tight tribe you are surrounding yourself with to help you elevate your life and overcome *Overwhelm*?

- o Proverbs 27:17 – "As iron sharpens iron, so a friend sharpens a friend..."
- o 2 Samuel 23:8-39 - David's Mighty Men – **Are you hanging around any giant killers?**
- o "*You become like the five people you spend the most time with. Choose carefully.*" Jim Rohn
- o Connect only with people that inspire you, people that challenge you to rise higher, people that make you better. Don't waste your valuable time with people that are not adding to your growth. Your destiny is too important.

You ARE Surrounded By God's Peace, Protection, and Provision – Psalm 125:1-2:

"1 Those who trust in the LORD are as secure as Mount Zion; they will not be defeated but will endure forever. 2 Just as the mountains surround Jerusalem, so the LORD surrounds his people, both now and forever."