

# OVERWHELMED



Act in hope when overwhelmed.

## What it's about; what it does for us...

...Feeling everything is too much for us; it forces us to get things in perspective and get back some control.

## We feel this when...

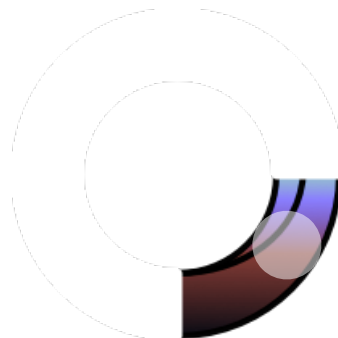
...everything feels out of control. We feel trapped and expect the worst to happen.

## It makes us...

...feel like giving up. We lose energy and interest in activities. We realise we need to get things in perspective and work out what is most important to us. We need to do something to feel some sense of control.



PROTECTING  
ME QUADRANT



WOBBLY ZONE