

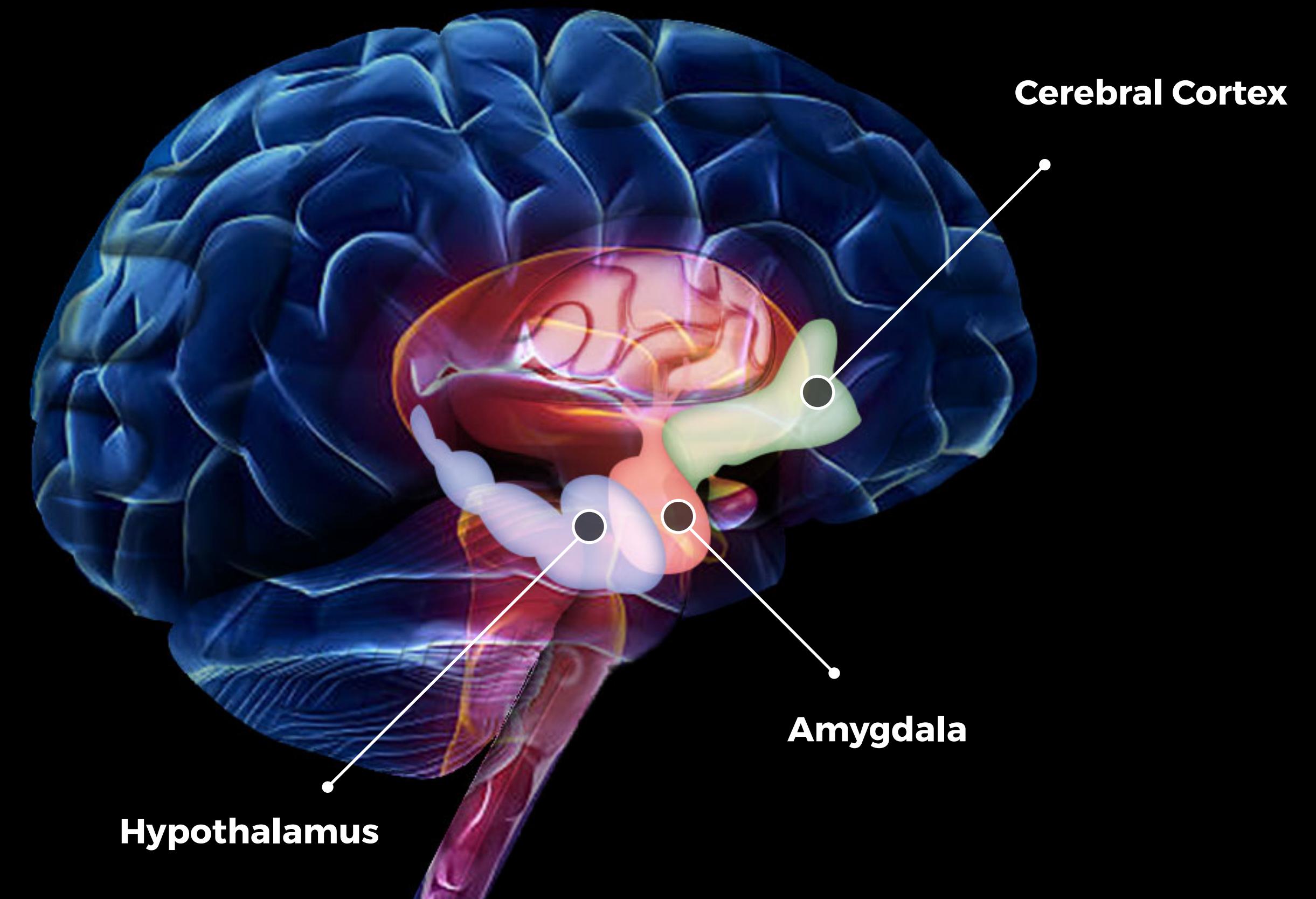
Overwhelm Assassination

Today's Gameplan

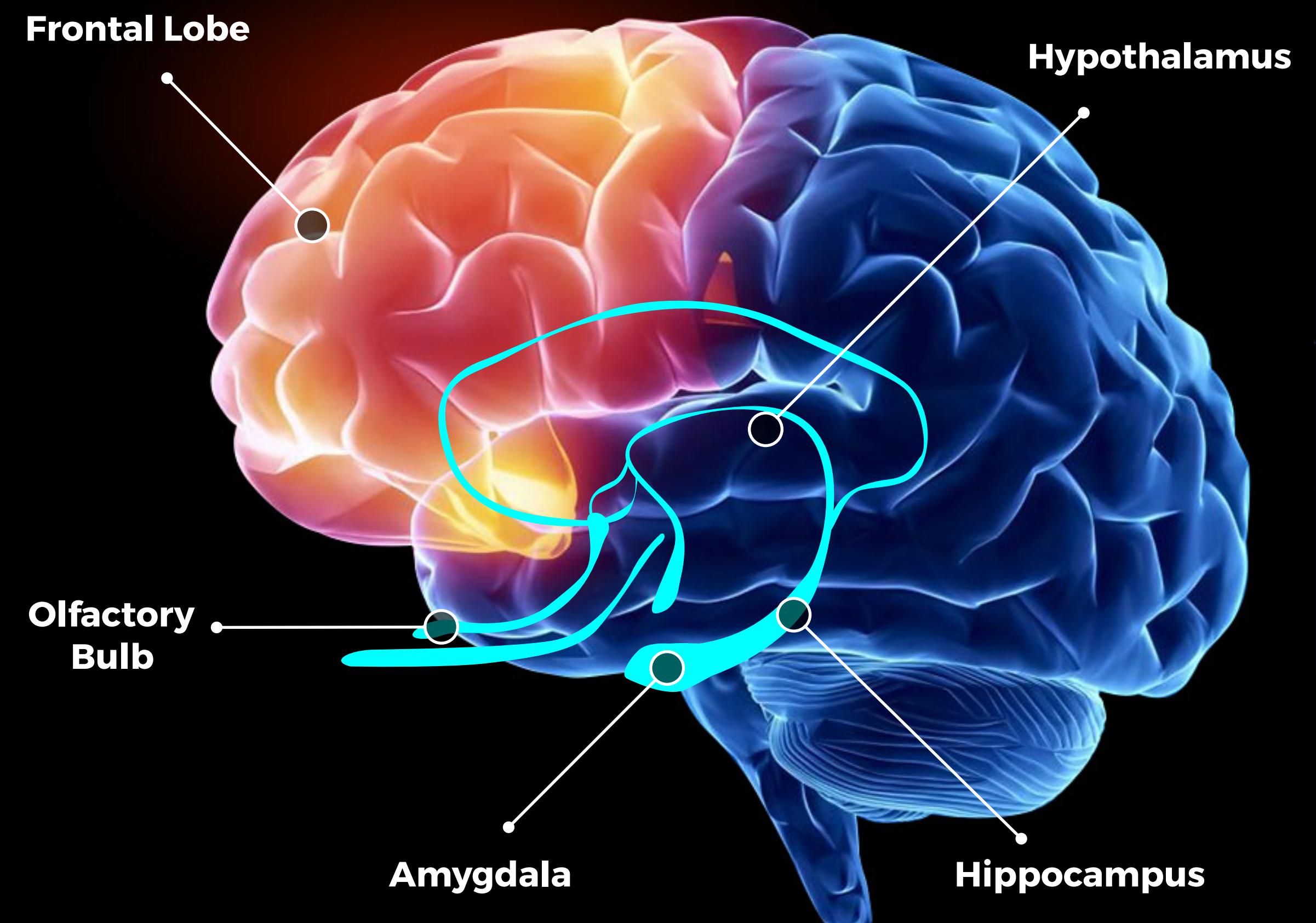
- 1 The What of Overwhelm
- 2 Going Small and the Overloaded Executive Protocol
- 3 Attacking Overwhelm

Your Brain on Overwhelm

**Your Brain on
Overwhelm**



The Neurobiology of ADT and 21st Century Normal



The Symptoms of ADT

- 1 A heightened distractibility and a persistent feeling of being rushed or in a hurry.**
- 2 An inability to sustain lengthy and full attention to a thought, a conversation, an image, a paragraph, a diagram, a sunset – or anything else, even when you try to.**
- 3 A growing tendency toward impatience, boredom, dissatisfaction, restlessness, irritability, frustration, or frenzy, sometimes approaching panic.**
- 4 A tendency to hop from task to task, idea to idea, even place to place.**
- 5 A tendency to make decisions impulsively, rather than reflecting and taking time to think them through.**
- 6 A tendency to put off difficult work or conversations, coupled with a tendency to overfill your day with feckless busywork.**

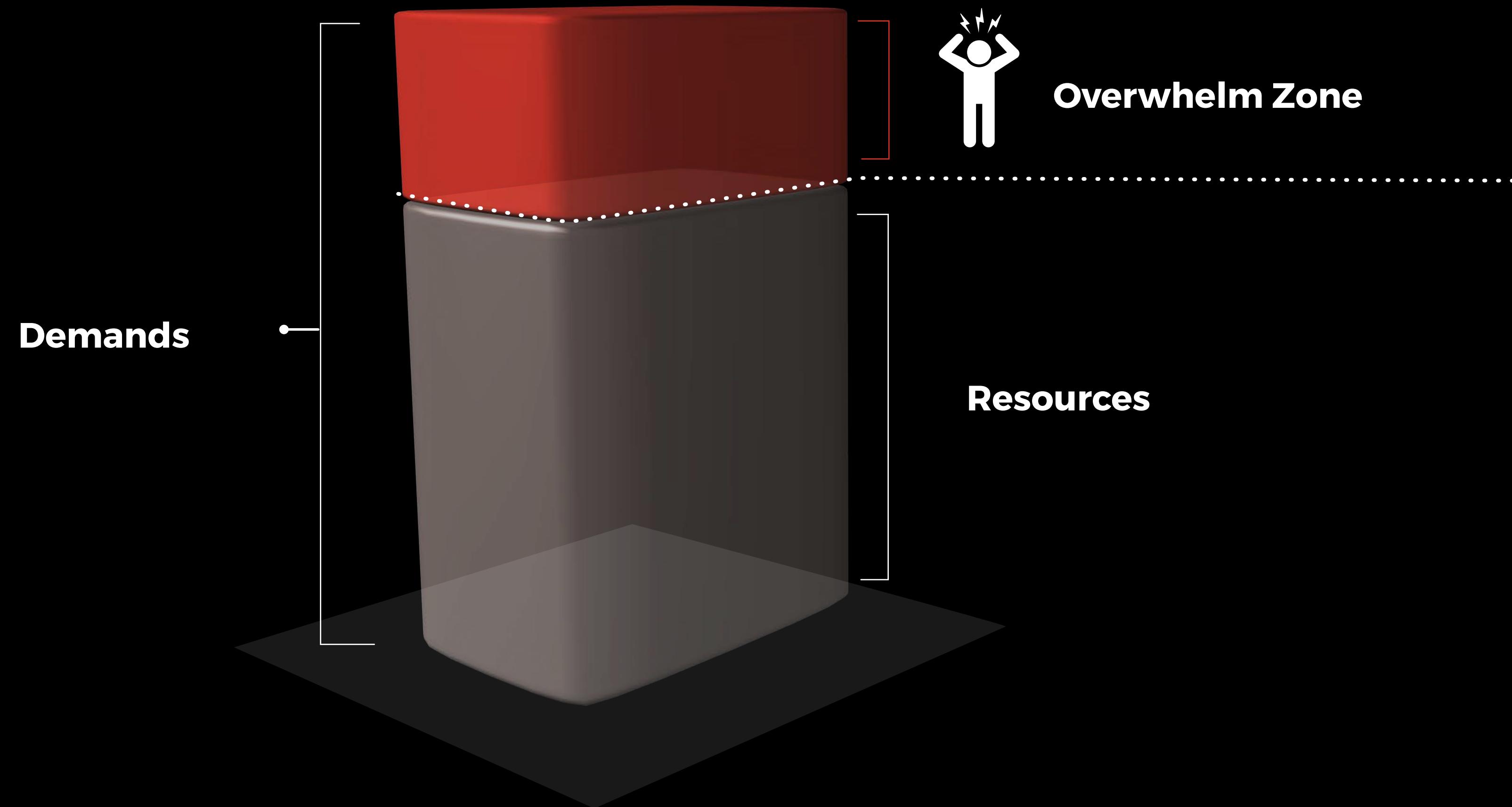
The Symptoms of ADT

- 7** A tendency to feel overwhelmed, even when, in reality, you're not.
- 8** Difficulty in fully enjoying pleasant moments and genuine achievements.
- 9** A feeling of loss of control over your own life and a nagging feeling of “What am I missing?”
- 10** A recurring thought that “Someday I will make time for what really matters, but I don't have time to do that today.”
- 11** A growing, compulsive need for frequent electronic “hits,” for example, checking emails, speaking on your Phone, sending or receiving texts, Googling random subjects, visiting favorite websites, or playing games, coupled with almost an addict's yen for them when they are unavailable.
- 12** A tendency to over commit, make yourself too available, allowing too many interruptions, and saying yes too quickly.

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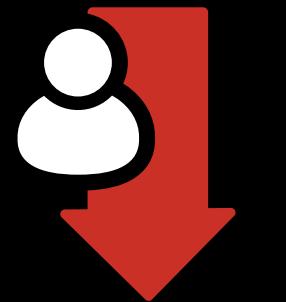
Overwhelm Visualized



The Two Ways to Solve Overwhelm: Increase Resources or Reduce Demands



Increase Resources



Reduce Demands

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Checklist the Positive Psych Basics, Burnout Proofing and Cognitive Load

Ask Yourself, Am I...

- 1 Annihilating Cognitive Load via Elimination, Simplification, Lubrication and Automation**
- 2 Prioritizing Sleep**
- 3 Deploying Active Recovery**
- 4 Deploying Mindfulness**
- 5 Practicing Gratitude**
- 6 Saying No and Setting Boundaries**
- 7 Engaged in Relationships**
- 8 Working with My Biorhythms**
- 9 Exercising**
- 10 Eating Well and Hydrating**

The 10 Steps to Overwhelm Assassination

- 1 Qualify Urgency**
- 2 Blanket Ban to a Fixed Date**
- 3 Linear Processing**
- 4 Go Dark**
- 5 Change Your Explanatory Style**
- 6 Reduce Cognitive Load to The Nth Degree**
- 7 Cut Your Losses with Cut Throat Prioritization**
- 8 Let Go and Embrace the Small Sacrifices**
- 9 Avoid Meta-Stress Through Radical Acceptance**
- 10 Walks, Breaks and Breaths**
- 11 Put It in a Larger Context**

1

Qualify Urgency



2

Blanket Ban to a Fixed Date

January						
M	T	W	T	F	S	S
4	5	6	7	8	1	2
11	12	13	14	15	16	10
18	19	20	21	22	23	17
25	26	27	28	29	30	24
						31

February						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

May						
M	T	W	T	F	S	S
3	4	5	6	7	1	2
10	11	12	13	14	15	9
17	18	19	20	21	22	16
24	25	26	27	28	29	30
31						

June						
M	T	W	T	F	S	S
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July						
M	T	W	T	F	S	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September						
M	T	W	T	F	S	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
M	T	W	T	F	S	S
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

3 | Linear Processing



4 | Go Dark



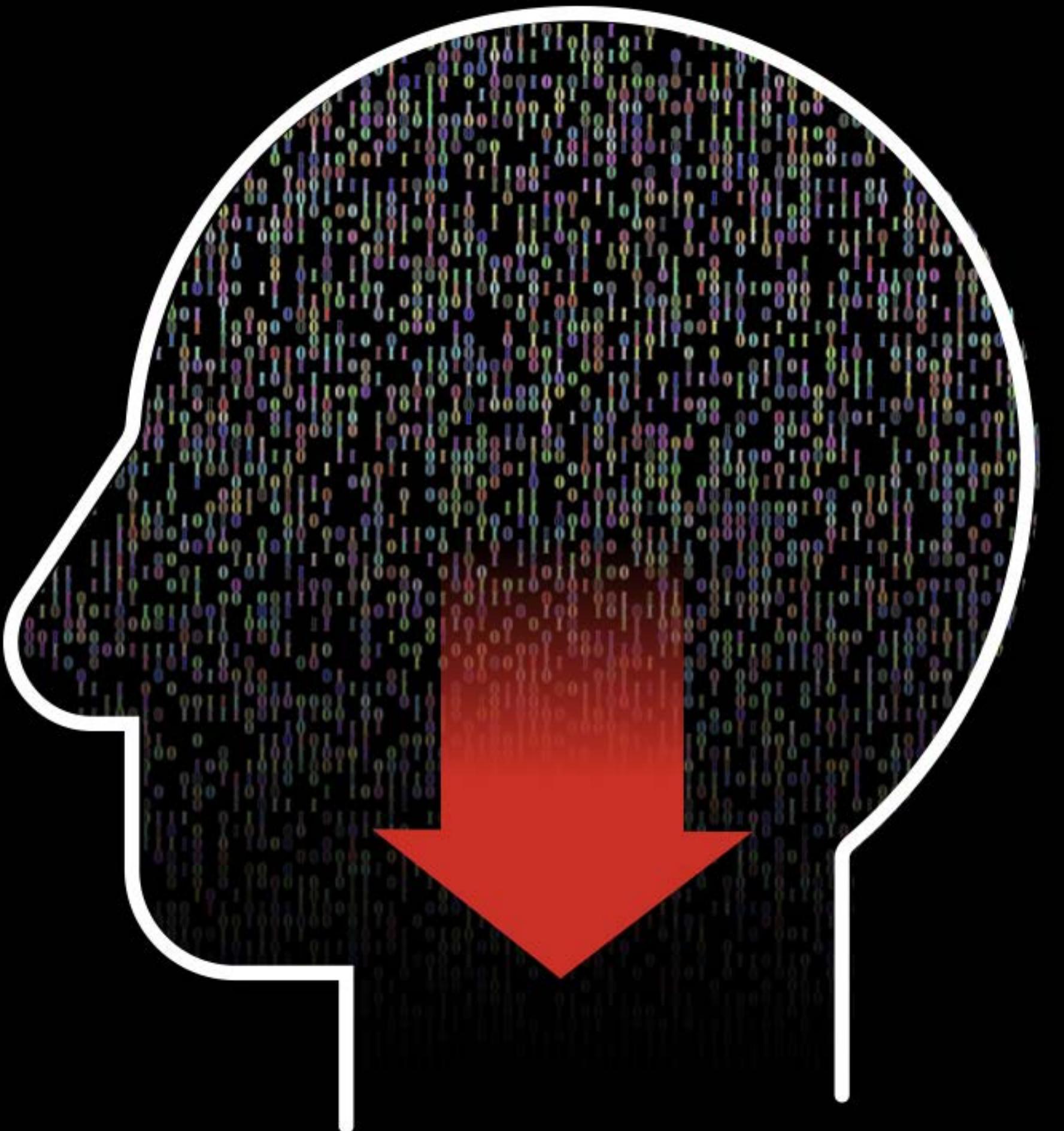
5

Change Your Explanatory Style



6

Reduce Cognitive Load to the Nth Degree



7

Cut Your Losses with Cut Throat Prioritization

- 
- A close-up photograph of a person's hand holding a silver pen, poised to write on a white, grid-lined notebook. The hand is positioned in the upper right corner of the frame. In the background, slightly out of focus, is a dark laptop screen displaying some text. The overall lighting is warm and focused on the hand and the notebook.
- Drive
 - Drive
 - Mail
 -

8

Let Go and Embrace the Small Sacrifices



9

Avoid Meta-stress Through Radical Acceptance



10

Walks, Breaks and Breaths



11

Put It in a Larger Context and Visualize Impact

12

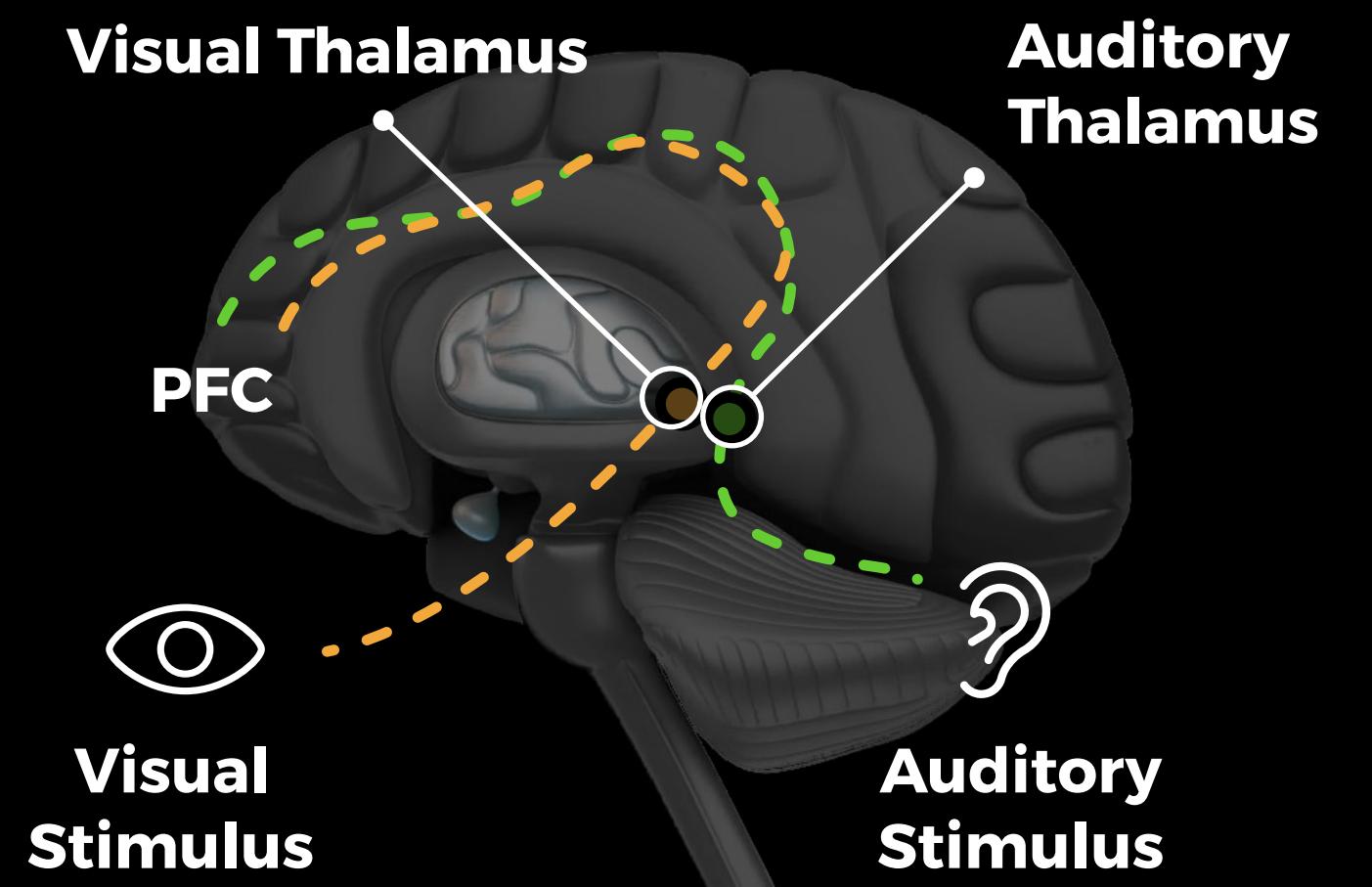
Developing the Habit of Guarding Against Sensory Overload

Common Symptoms of Sensory Overload

- **Difficulty focusing due to competing sensory input**
- **Extreme irritability**
- **Restlessness and discomfort**
- **Urge to cover your ears or shield your eyes from sensory input**
- **Feeling overly excited or wound up**
- **Stress, fear, or anxiety about your surroundings**

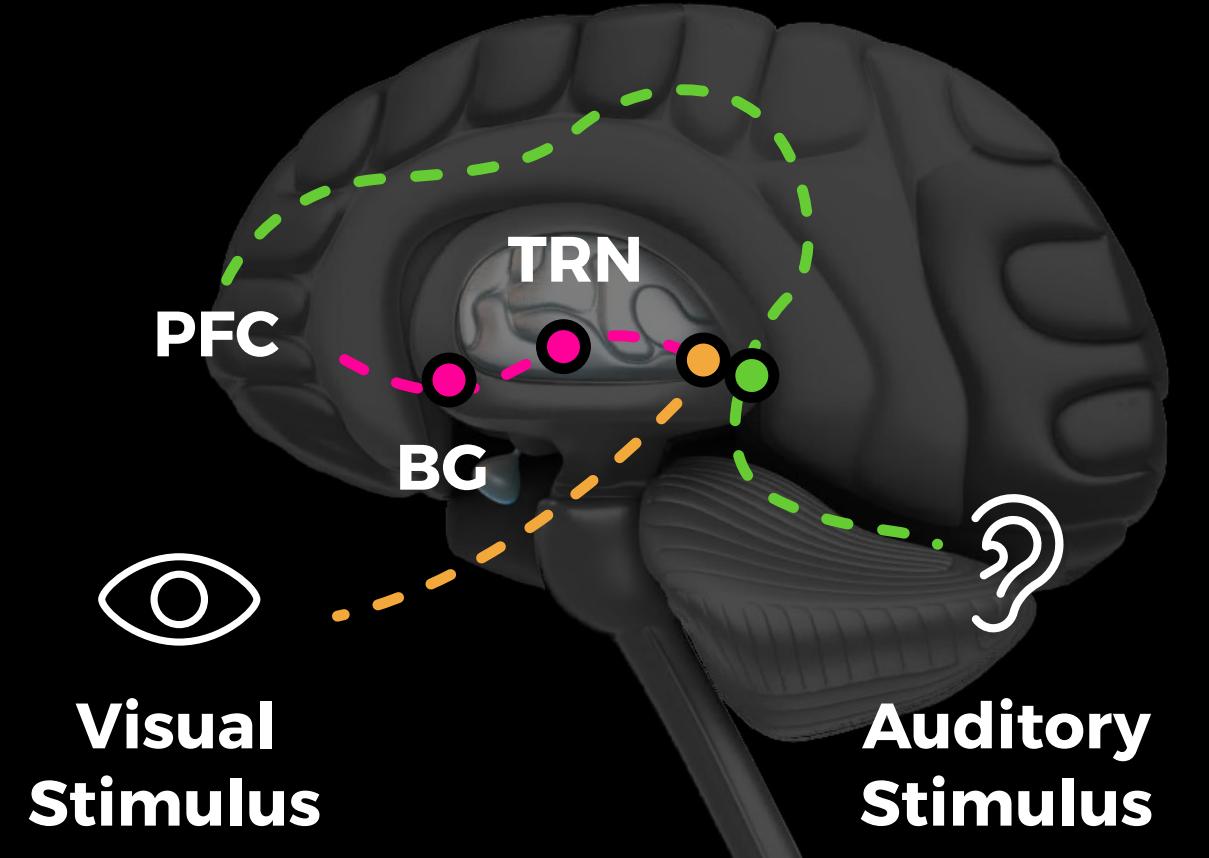
Sensory Overload Shrivels up Our Available Attention

A massive amount of information constantly floods the senses, and yet we can only focus on what's important and tune out the rest. Researchers have pinpointed a circuit in the brain that suppresses distracting and irrelevant inputs.



Overwhelming Stimuli

The prefrontal cortex (PFC) would get overwhelmed with information if the thalamus passed along all sensory inputs.



Filtering and Focusing

When it's more important to pay attention to what's heard than what's seen, the PFC instructs the basal ganglia (BG) to employ the thalamic reticular nucleus (TRN) to inhibit the visual thalamus. This suppresses the flow of visual information and leaves the auditory signal more prominent.

Developing the Habit of Sensory Gating

- 1. Wear sunglasses to protect from harsh light**
- 2. Use noise cancelling headphones**
- 3. Use eye masks (on flights, in hotels, etc.)**
- 4. Hold conversations with your back to the wall or in a corner**
- 5. Enter hyper-stimulating environments with a clear action list**

What We've Covered

- 1 The What of Overwhelm
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Exercise:

Overwhelm Assassination Analysis

- 1 Where in my life am I overcommitted?
- 2 What demands have I brought upon myself that I do not have the resources (time, energy, attention, money, etc.) to meet?



Download Workbook
to Get Started

Exercise:

Distraction Management Audit

- 1 On a scale of 1-10, how much do you resonate with the symptoms of ADT?
- 2 Single biggest thing you could do mitigate ADT!



Download Workbook
to Get Started