



## Mastering Mindfulness for Emotional Management Part # 2: Managing Overwhelm

December 22, 2023

Trainer: Oceana Hong

We become overwhelmed by barriers in various aspects of life such as work, relationships, finances, life events, aging, health concerns, etc.

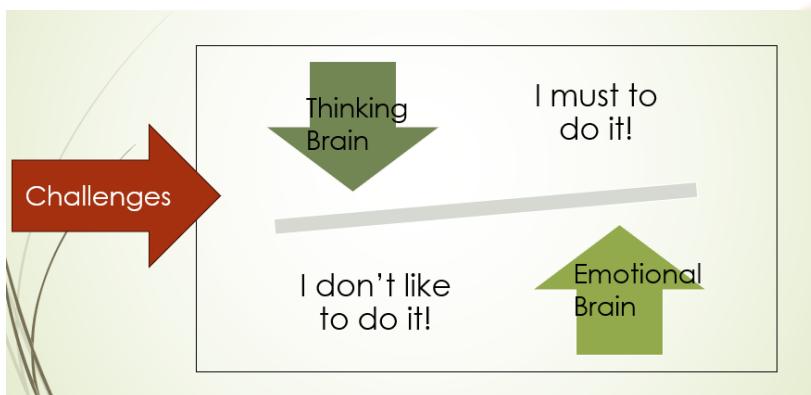
Feeling overwhelmed can occur:

- When you face many interruptions.
- When you feel behind on tasks.
- When you lack confidence but still have to proceed.
- When you need to do more than you can handle.
- We feel overwhelmed in daily life due to work, relationships, finances, life events, aging, health concerns, etc.

The progression of overwhelm:

- 1st step: Physical tiredness, exhaustion, pain, etc.
- 2nd step: Anxiety, frustration, worry, stress, etc.
- 3rd step: Overwhelm.
- 4th step: Sickness.

You are facing challenges in daily life, but there are conflicting voices in your mind. When you don't create harmony between these voices, you may become overwhelmed.



Simple exercises to help manage overwhelm:

- Tapping your whole body with your palms to reduce the frequency of your thinking mind.
- Tapping your solar plexus (3rd chakra) with your fists to calm your emotional brain.
- Tapping your lower abdomen (2nd chakra) with your fists and asking, "What do I want?"

Courses to enhance well-being:

- Initial awakening: Connecting with your body.
- Water up, fire down: Restoring the body's natural energy-recharging system.
- Finding your true self: Creating harmony between the thinking brain and the emotional brain by recovering the sense of making choices.