

## HOW DO YOU KNOW WHEN YOU ARE IN OVER YOUR HEAD? AND, WHAT TO DO ABOUT IT!

By Donna Deos

I have been asked a lot lately about how do you know when you need help and/or are in over your head. Well, I know that looks different for each of us. However, you need to go with how you are feeling. So, here are some generalizations that should help you figure it out! You, or your loved one, are over your head when...

### LITTLE THINGS REALLY SEND YOU OVER THE DEEP END

I mean, things that normally wouldn't be a big deal to you pull at your last nerve. In our house this was when somebody snapped because a fork or a plate was missing or couldn't be accounted for. In the bigger scheme of things, it's really of no consequence because it is just one misplaced item that will likely turn up eventually. However, this is a symptom of a bigger issue. When this happens, you need a time out to regroup yourself. Time away will help you simmer down and put things in a more realistic perspective. Also, if you're flipping out about something inconsequential, there is something much bigger at play and you need to get away to move past it so you don't end up flipping out at whoever really deserves it or is the issue that is really grating on your last nerve. Typically after time away and gaining perspective you will be glad you didn't give them a piece of your mind because they likely had no idea what they were doing was irritating and they didn't mean to put you on edge. It's all because you are doing too much and you are in over your head.

### WHEN YOU CANNOT RELAX NO MATTER WHAT YOU ARE DOING

If your mind is racing with the "gotta, gotta, gotta's" or the endless list making, then you are in over your head. Write the list and then walk away from it. Say to yourself, right now, everything on the list is getting done and I'm going to relax and not worry about it. I know it sounds silly, but this does work. It's a tip I picked up from Frederic Lehman in his prosperity conscious-



ness seminar. If you plan for things to be done, whether you are doing them or not at the allotted time and you will find that they do end up getting done.

### WHEN YOU FIND YOURSELF GOING IN CIRCLES AND NOT REALLY ACCOMPLISHING ANYTHING, YOU ARE LIKELY IN OVERWHELM

This is when you need to step away and do something completely different. Remove yourself from the situation. Let's face it, you're not really accomplishing anything anyway, no matter how hard you try, so you may as well take a bit of time off. When you're relaxed and refreshed you will be able to pull it all off. It's like the universe saying, now is not the time.

Let me give you another example we can all probably relate to. We all have those days where technology is not our friend. No matter what you try you just can't get the printer or computer or whatever to do what you normally can pull off in no time with little to no effort. It's just how some days go. Really, this is a sign that whatever you are trying to do is not something that should be done right now. It could be because new information will be coming your way that will cause the whole project to be changed anyway so why waste the time and effort just to have to do it all over again. Pay attention to these signs. I know it is hard to walk away from something we are determined to complete, but now may not be the optimal time. You will get it done later on when

the timing is right. Or, maybe someone else will come along and get it done for you – even better!

### WHEN EVERYONE AND EVERYTHING SEEMS TO BE PREVENTING YOU FROM GETTING THINGS DONE

This goes pretty well hand in hand with the previous one. Again, it's a sign from God or the Universe or whoever that now is not the time. Let go. Take time to pay attention to these people getting in the way and listen to what they are telling you. There could be an important message that you need to hear. If you would just stop and listen to them you could get the right message at the right time that will help to make things clearer and easier. So, stop. Breathe. Listen. I know it's frustrating and not in line with your schedule, however, how often does our intended schedule actually go off like we thought it would? Rarely, I find!

### WHEN SEEMINGLY INSIGNIFICANT THINGS MOVE YOU TO TEARS

One of my dear family friends told me about crying when she saw an oreo cookie. Sounds silly, right? Well, that's exactly my point. If something like this happens to you, it is a sign you are at a breaking point. Now for her, it was because she had been a caregiver for a loved one for a very long time and the loved one had passed away. So, now, when you know the background it makes perfect sense doesn't it?!

Being a caregiver, or losing a loved one are both really big issues to handle and will quickly and easily move you to overwhelm. Put them together and you have the perfect cocktail for tears. It's only natural. What do I suggest for this one, well, as John Holland always says, "if you're going to cry, make it a good one!" Too often we hold back our tears because the time or the place just isn't right. Then, when we have the right time and place the tears usually don't come. Strange phenomenon, I know. But it's true! When you have the flood gates open, take advantage of the

situation and let them go. Get it out and move through it. You will be so glad you did and you will feel much better. We all need a good cry from time to time. There is no shame in that.

Okay, except for that last one, are you noticing a theme here? Yes! When you are in over your head things go badly and there are large flashing signs of "Stop!" that we just don't seem to notice. Also, the common theme of dealing with them is to actually stop. Imagine that. We just do what the signs are leading us to do. Why is it so incredibly hard to do that then? Well, because we are so used to pushing hard and going, going, going until we cannot go anymore. That's why. Not a very good plan is it? Yet, this is what we are trained to do and what we find society expects of us. Boy have we got it all wrong, huh?! So, here's my recommendation, next time you find yourself in over your head. Stop. Walk away. Find time to go do something else that brings you joy, even if it's just going for a 20 minute walk around the neighborhood. You will be surprised how much different and better you feel when you just shift gears and walk away for a bit. You come back very refreshed and able to do more.

My second recommendation is for you to find regular times to do this. Make it part of your lifestyle, not just a thing you do when you are at wit's end. If you put a regular practice in place you will find there are fewer times you are at wit's end because you will have found more balance in your life.

Third, when in doubt, reach out. There are always people to help. We just aren't very good at asking for help, are we? Even when it's offered we find it hard to accept. Stop that! [Yes, that's a big flashing sign from me to you] reach out, ask for and/or accept the help that is available. Not sure who to reach out to, call me and I'll see what I can do. If I'm not the right person, I'll direct you to whoever is.

So, next month let's talk about balance and how to find it, shall we?! Until then, take good care. If you need me, just call or email. I am always happy to help.



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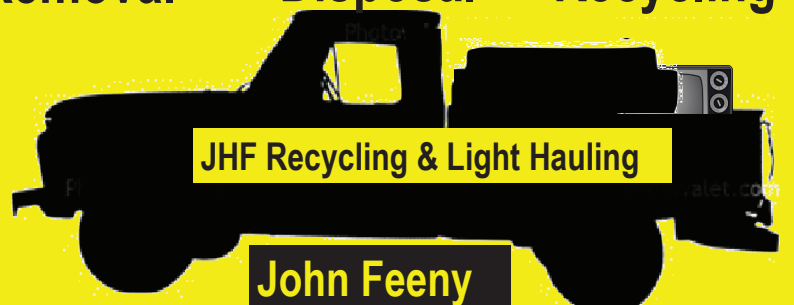
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