Three Practices for the Overwhelmed, Stressed, Anxious

Many of us feel overwhelmed by all we need to do, and it can be downright stressful.

I'd like to share three practices to take you from overwhelmed to just whelmed.

You can't eliminate stress, anxiety or the feeling of being overwhelmed from your life, nor would you want to. However, you can see them as wonderful places to practice some amazing things that will help in all areas of your life.

When you're feeling overwhelmed, stressed or anxious … you can do one or more of these three practices:

1. **The Practice of Training in Uncertainty**. When you're feeling stressed or overwhelmed, it comes from a feeling of uncertainty. We don't know how things are going to go, we worry that we can't do it all, we don't know how we're going to do with any of it, we're uncertain that we're good enough to handle all of this. Uncertainty. Our minds don't like that feeling, and we want stable ground under our feet, something solid, certain, or reassuring. Unfortunately life *never* gives us that reassuring certainty. So we're always running, always trying to cope with the uncertainty by doing as much as we can, making lists, finding the perfect software or system, running to distractions. Instead, we can train our minds to stay with the uncertainty, and gradually become more comfortable in this state. And then we can be at peace in the middle of chaos. Read more about this practice.
2. **The Practice of Letting Go**. When we're stressed out, it's because we're attached to something — attached to doing everything, attached to how people see us, attached to meeting a goal or deadline or reaching some outcome, attached to our self-image. What if we could let go of these attachments, and just be in the moment? Things would suddenly become easier. Luckily letting go is something that's within our power. Read more about this practice.
3. **The Practice of Doing Just One Activity**. Our minds are stressed and overwhelmed because we're thinking about our uncertain future … but what if we learned to trust the present moment? What if, instead, we just fully immersed ourselves in the activity before us? This is actually a letting go practice, and it's also a being-fully-present practice. Just fully be in the activity you're doing, just one activity. Just read this post. Just answer this single email. Just wash this one dish. As if it were the only activity and the most important activity in the world. Because it is. Read more about this practice.

These are all transformative practices, and you can practice them one at a time or one after the other (in the order above, most likely).

Each only takes a moment, but they can transform your world. Try them, with love in your heart, and see a deep trust in yourself start to grow.

Join Me for a Mindfulness Retreat

Would you like to train with me in these practices? I'd love for you to join me in my Zen Habits Mindfulness Retreat, from April 21-23, 2017 in San Francisco. It's going to be amazing, and I'm really excited about it.

Read more here, and join me!