How to avoid overwhelm sustainably!

Introduction:

Overwhelm is a feeling that many parents are familiar with. There are only so many hours in a day but the To-Do-List is extremely long. You start postponing tasks until they get lost - and you as a parent get stuck. I created a powerful summary of short-term and long-term approaches to avoid overwhelm:

Short-term:

01 Schedule your most important task with a clear timeframe

- ✓ Start the task on the same day you schedule it
- ✓ If you cannot finish the same day, continue to make progress each day until the task is completed

02 Not-To-Do-List

- ✓ Minimize activities that keep you busy but do not solve your major challenges and on the cost of time you don't have for your family.
- ✓ 3 ways: Eliminate / Delegate / Automate

03 Minimize distraction

- ✓ Set an Alarm to detach from Devices/News/Social Media to spend time with your children (start with 1h)
- ✓ Dive into the world of your children - and be part of their fun and excitement

Long-term:

01 Set and communicate clear goals for your family life

- ✓ Achievable instead of unrealistic
- ✓ Measurable for progress tracking
- ✓ With a clear Timeframe

02 Schedule most important tasks early in the day

- ✓ Get the major things done as fast as possible

03 Track your Progress

- ✓ Gives you feedback on your progress
- ✓ Helps to find the right approaches to improve

Need Support in Integrating?

Congratulations - you took action and want to avoid overwhelm in your family life. Simulteanously you will show your children how to avoid overwhelm in a fast pacing world - which is an amazing benefit.

The knowledge & tools provided are a great start to avoid overwhelm - but only when put into action, they will provide their value.

If you need support or guidance to do so, I provide a free Integration-session on martin-biesold.de/integration-session.