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Presented at
Cyber Café, November 2, 2022

Intro Topic

Some Input from
the Meeting



Stephanie Philp (NZL) on

'How to Overcome Overwhelm'

Many people find themselves overwhelmed, especially with the extra pressures of life in the last 3 years. Stephanie will present a process that she teaches NLP Practitioners and uses in her own coaching practice to help people recover from the 'stuckness' of overwhelm, using a variety of simple NLP techniques.

→ → → Read more by the links provided in this paper

Stephanie Philp (NZL)



Author, Fellow Member Trainer IANLP and Master Coach

As the 'Head' Consultant at Inside Your Mind Limited, Stephanie helps people to change their mind so they get unstuck, build their personal and professional skill set, and live life on their terms.

An internationally recognised Master Trainer NLP, Stephanie has been training Practitioners, Coaches and Master Practitioners since 2000.

With an appetite for anything that increases the potential of human consciousness, she's attended scores of training courses and workshops. She's voraciously consumed all types of books, dvd's, audio – and chocolate – and is forever researching ways to live increasingly purposeful and fulfilling lives. She has an inbred compulsion to share what she learns via her blogs, which are imbued with her signature sense of humour and deep understanding of human nature.

Author of 5 books and hundreds of articles

As well as her published print book, Goal Setting: 7 Principles to Achieve Remarkable Success, Stephanie has authored four eBooks; Presentations That Rock, REAL People Skills, How to Change Your Mind and The NLP Eye Accessing Cues. These are available from her website at InsideYourMind.com

<https://stephaniephilp.com/>

<https://insideyourmind.com/>



Read Cyber Café Intro Topic Presentation

here:

<https://insideyourmind.com/how-to-overcome-overwhelm-5-step-strategy/>

How To Overcome Overwhelm
A Simple 5-Step Strategy To Put You Back On Top

Inside Your Mind

How To Overcome Overwhelm


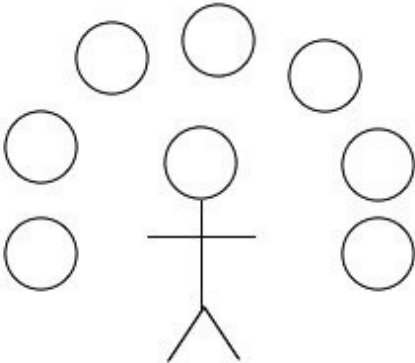
Feeling anxious
Only sleeping 4 hours a night
Moved cities
Selling House
Learning new job
Team missing 3 people
Need to recruit 3 new people
Wife not coping without family
Relationship with wife suffering
Mother passed away

Overcoming Overwhelm


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This process will assist you to identify overwhelm and coach a client through it. It will prevent you becoming overwhelmed by your client's overwhelm. The process facilitates getting your client into a resourceful state where they can take responsibility and set positive outcomes, and it uses a variety of NLP techniques. It also supports the client to generalise what they learn, so they have the resources for dealing with possible future overwhelm.

| Key Points | Detailed Information |
|------------------------|--|
| 1. Resourceful State. | |
| 2. Rapport. | |
| 3. Identify Overwhelm. | <p>Notice the client's language. This will often include generalisations such as:</p> <ul style="list-style-type: none"> • "Everything's getting on top of me." • "My life's a shambles." • "I feel everything's a waste of time." • "I don't know where to start." • "I've got so much going on in my mind – I seem to keep going around in circles." • "I feel like I'm in a deep, dark hole and I don't know how to get out." • "I can't see the wood for the trees." • "There seems to be no light at the end of the tunnel." <p>These types of phrases and metaphors alert you that the person is overwhelmed. The person might also just start talking, jumping from one issue to another without stopping.</p> <p>There will usually be plenty non-verbal cues as well; eye accessing, arm waving, fidgety. They believe they are unable to resolve the issues on their own at this point. If they could they wouldn't be talking to you!</p> <p>You may find it difficult to keep all the information in your own head! (>7 pieces of information).</p> |
| 4. Pace. | <p>Pace and stay meta to their issues by using reflective language to separate the map from the territory, and to limit the problems in time. e.g. "So, for you, <u>at the moment</u>, it seems like everything's getting on top of you?" Or, "It seems like there is so much going on in your life <u>right now</u> that you don't know where to start?"</p> |

| Key Points | Detailed Information |
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| 5. Pre test. | <p>“Where would you rate yourself on a scale of 1 to 5, where 1 is awful and 5 is great?” (Or use emoticons)</p> <div style="text-align: center;">  <p>1 2 3 4 5</p> </div> <p>“So you’d know if the way you feel now changed, wouldn’t you?”</p> |
| 6. Notice mental space. | <p>You may also notice where the client is placing some of his issues in his mental space. They are often very close and thus impact how he’s feeling. It’s useful to notice this for later in this process.</p> |
| 7. Chunk down and get specific information. | <p>The structure of overwhelm is to make huge chunks, which become too big to cope with. Get reasonably specific with what the issues are; for example, ‘\$3,000 debt’ is a more manageable chunk than an all-encompassing, ‘Major Financial Problems.’</p> |
| 8. Pace | <p>An analogy is sometimes useful, e.g., “It feels as if a truck full of cement has backed up and dumped the whole lot on you!” Humour will help to lighten the situation and lead the client to a more resourceful state that you can anchor and use later.</p> |
| 9. Do a simple drawing of the situation. | <p>The drawing has the effect of showing the client the big picture in smaller, manageable chunks. This effectively gets the issues outside of the client’s head and allows him or her to be objective and dissociated. It also helps them to see and understand why they feel the way they do. Each circle will contain an ‘issue.’ Focus on the issues first and then add in the stick figure,</p> <div style="text-align: center;">  </div> |

| Key Points | Detailed Information |
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| 10.Pace and Lead. | <p>Yes sets are useful here E.g., “So you've been feeling overwhelmed ... You've got these issues here to sort out ... And you haven't really known where to start ... And today you've come to talk to me ... <i>and that means you've already taken the first step towards you're resolving them.</i>” (I like to draw a little smile on the stick figure at this point – without any verbal comment)</p> |
| 11.Frame resolution and thinking of the larger system. | <p>You can use other language patterns to pre-frame the situation as having various solutions. Often people experiencing overwhelm believe that the issues are so big or that there are so many of them, that fixing one or two will make no difference. One way of pacing this and framing a solution is: <i>“Under normal circumstances you would be a resourceful person who would easily be able to handle any one or two of those issues. It's just that there's a whole lot happening at the same time and it's understandable that it's not been so easy for you to cope. Sometimes we think that even if we fix up one issue it won't make any difference because there are so many others that still need sorting.</i></p> <p><i>However, most aspects of our lives are linked together in a system, so that when we start to fix one area, it automatically has a positive impact on some of the other areas too.”</i></p> <p>You can give examples of this, systemic/holistic way of resolving things, relative to the issues they've described. Draw lines between the issues that are connected. You could also ask, “what percentage of an impact would solving this particular issue have on these other issues.” <i>“This means that just starting on one issue will have a positive impact on many of the other issues. And often, once one or two are resolved, the others resolve themselves, or at least they seem more manageable.”</i></p> |
| 12.Ask questions. | <p>Show them the drawing again and ask: <i>“Which one issue, when resolved, would have the most impact on all the others?”</i> <i>“Which is the easiest one for you to resolve?”</i> <i>“What does your heart tell you to start with?”</i></p> <p>If dealing with the biggest issue seems overwhelming or is impractical at that point, resolving the easiest will help build confidence and reinforce the person's problem solving abilities. The heart-based answer will usually have the most impact on how they feel. Check to see which option the client prefers.</p> |

| Key Points | Detailed Information |
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| 13.Tackle one. | Use the conditions of a well-formed outcome (PERFECT). Establish the first steps and ensure client has resources needed to be successful. |
| 14.Check. | <i>“When you think about the issues you came with, notice how you feel differently about getting them resolved now.”</i> |
| 15.Future pace and ecology check. | <p><i>“When this issue that you’re going to deal with first is resolved, what will be the positive outcome on the other areas that used to be an issue?”</i></p> <p><i>“And notice how much easier it will become for you to deal with those other things.”</i></p> <p><i>“If you think about how you were when you arrived today on that 1 - 5 scale. Where would you put yourself now?”</i></p> <div style="text-align: center;">  <p style="margin-left: 100px;">1 2 3 4 5</p> </div> |
| 16.Follow-up | In subsequent sessions it will be useful to check on the client’s progress with working on the issue they agreed to deal with first. Then help them establish ways of overcoming the other issues. Check each time where they would now rate themselves on the 1-5 rating scale. |
| 17.Future Pace | <p>Remind the client of the overwhelm he experienced in the first session and remind him of the key processes he used to overcome them:</p> <ol style="list-style-type: none"> 1. Notice the overwhelm. 2. Make bubbles on a sheet of paper or a white board and put each issue inside a bubble. This helps him be objective. 3. Have some compassion for himself as he would for another in his situation. 4. Draw lines to make connections. 5. Decide which one to tackle first and make a plan to tackle that. 6. Repeat step 5 with remaining issues. |