

Save the SAHM Podcast-May

The Real Struggles of a SAHM

Episode #17 – Overwhelmed?

- Being overwhelmed is a sign that we have attempted to take back the reigns of our life instead of allowing God to be the Lord of our lives as intended
- Getting to the root is always the healthiest way to overcome an issue in our lives
- We can't build on wishes and false realities

1. Why do you feel overwhelmed?

- a. Are there particular things that make you feel this way?
- b. Is there too much on your plate?
- c. Are you trying to meet unrealistic goal/expectations?
- d. Are you anxious about trivial things?
- e. Are you trying to be in control?

2. What can I do?

- a. Release it all to the Lord (Matthew 6:34; Philippians 4:6)
- b. Bring order where you can; be a planner
- c. Thin out your to do list
- d. Be realistic with your goals/expectations; it's okay to be hopeful but don't invest your energy or emotions in unstable ground
- e. Don't over do it or overthink it

3. How can others help?

- a. You don't have to do it all yourself
- b. Spread the duty; delegate
- c. People like to help others when given the chance
- d. We don't always have to be the "one" to do it

4. Don't be so intense

- a. "Love, joy, **peace..**" Galatians 5:23
- b. Stop making a big deal out of everything; sometimes it really isn't that serious
- c. Evaluate the circumstances before investing all your emotions in it
- d. Be cool breeze; relax

5. Avoid the busy trap

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- a. Luke 10:38-42
- b. We miss Jesus when we are consumed by other things
- c. Just because we move around a lot does not mean that we are being productive
- d. Do what is necessary; leave the rest

***Today's take away: 5 things to do when I'm overwhelmed: Stop, Breathe, Think, Ask, Rest**

