

OVERWHELMED?

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Proverbs 11:1

Feeling overwhelmed is very common amongst every ethnicity, nationality, age, etc. The feeling of being overwhelmed affects your mental health. When you are overwhelmed you can't think straight.

The way you process information becomes distorted. Anxiety, impatience and depression sets in when this feeling overtakes you. Everyone has felt this way during some point in their life.

However, there is a solution to this common problem. It is harder to overcome the feeling of being overwhelmed than to prevent it. The way to **PREVENT** the emotional rollercoaster of feeling overwhelmed is **TO ESTABLISH ORDER!**

HOW DO YOU KNOW YOU ARE OVERWHELMED?

You are overwhelmed when you feel you have more tasks than time. You are overwhelmed when you feel you have more bills than money. You are overwhelmed when you feel you have more responsibilities than help.

IMBALANCE produces the feeling of being overwhelmed.

When you have more of one thing and less of the other, this spirit will weigh on your shoulders. Proverbs 11:1 says, "*A false balance is abomination to the Lord: but a just weight is his delight.*"

IMBALANCE is a false weight that produces negative consequences. Living a life of **BALANCE** is the **BEST** way to prevent yourself from feeling overwhelmed. There will be times when you will be under stress. During these moments it is your responsibility to yourself to balance the stress with something positive so you won't feel overwhelmed.

The feeling of being overwhelmed does not go away automatically. It takes work. You have to **PLAN YOUR PLEASURES** to balance the inevitable pain that life brings. Unexpected challenges will happen. Surprising problems will occur. However, if you have already made **PLANS** for pleasure you can properly balance your emotions.

THE POWER OF A PLAN

A plan gives you hope. A plan keeps you focused. A plan helps you to keep things in perspective. If you live everyday without a plan, the circumstances of life will overwhelm and overtake you. **IF YOU DO NOT KNOW WHERE YOU ARE GOING YOU WILL GO ANYWHERE.**

People who are constantly overwhelmed allow their minds to travel to the land of worry. They allow their body to ingest the stress and tension of what hasn't happen or what needs to be done. This usually leads to sickness and possibly death.

When life begins to overwhelm you, **SEEK BALANCE!** It is your saving grace.

ORDER PRODUCES BALANCE

There is no balance without order. Order is putting things in its **PROPER** place. If you put things in their proper place you will **AUTOMATICALLY** establish balance. For example, your left shoe does not belong on your right foot. Your T-shirt should not be worn inside out.

When things are placed in order, **BALANCE** is the result. Conduct an inventory on your life and start putting things where they belong. If you start today by putting things in order, the spirit of feeling overwhelmed will not defeat you.

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