

# A Dozen Tips to Manage Overwhelm and Create More Ease

With Cari Sans, Coach & Therapist

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1. Get clear on your values. What is it that you value most in your life? Think feelings when it comes to your values. What is the feeling you want to experience? Is it connection, peace, ease, love, success, or freedom to name a few. When you list these values, which is most important? Make that your number one and order the others. Your values will guide everything you do moving forward and help you to feel more aligned, less stressed and at ease.
2. De-clutter your life. You can start with your space in your home. Think closet, cabinets, books, papers, and toys. Don't overlook that drop zone or other places that clutter tends to pile up. Declutter your email and all the newsletters and free information you signed up for in the past. Ask yourself, is this of value to me today? Purging can be a daunting task, so start with a small, doable change and somewhere. Think of it this way, if you want to save a million dollars, it may feel too big or even impossible. If I asked you to put away in savings a dollar a day, would that feel doable? More likely that you would be able to do this with ease. Remember, you don't want to add to the overwhelm. Today you might just start with clearing out that infamous 'junk' drawer in your home.
3. Clear your schedule. Look at what can be moved or even better, deleted from your calendar. Is it that event you said yes to, or that thing you said you would do for this or that person. We "should" ourselves so much that we often don't stop to slow down and ask ourselves if this is something we truly desire or is in alignment with our values. If not, you let it go.
4. Learn to say NO. Practice saying no more often when it comes to your time and energy. Go ahead and practice in front of a mirror. Observe your posture and how you hold your body. Stand with confidence. Say, no thank you. Keep doing it until it feels good in your body. The next time you are asked to give more than you can, you will be more prepared to say, "No, but thank you."
5. Take time off. Find the time to rest. Get horizontal. If you can take the day to relax--do it! If you truly believe you can't, then just find small time blocks for rest. When I know I need to rest and have things I planned to do and not willing to move things in my plan; I move slower intentionally. Walk at a slower pace, talk less, sit down more.

6. Meditate, do yoga or breath work. A practice of slowing down and connecting inward can be part of those periods of rest on any given day. You can add these practices as part of the rhythm and ritual of your day. Rhythm creates ease in knowing what is sure for you in a world of uncertainty, and ritual gives you something to look forward to and meaning.
7. Take a vacation. There is no better time to take time to enjoy life. Go somewhere, whether it is a beach, a mountain, visiting churches and museums. It doesn't have to cost a whole lot or anything but find something to do, and take the time to do it. There is no joy in just working all the time. You may love work and love what you do, but we all need a break to play.
8. Play whenever you can. Spend time with young kids, your own (which is fantastic for the relationship connection), others, or even volunteer with kids. Kids naturally know how to play, and we can learn a whole lot from them in this area. Let them teach you how to play.
9. A woman can follow her feminine or the moon cycle. Honoring the rhythm of your body and being mindful of the changes, your needs, and best practices are helpful to create more ease and flow. My Flo app by Alisa Vitti is an excellent tool for better understanding your cycle needs around diet, focus, exercise, and sex.
10. Honor the male testosterone renewal cycle. Men need time to fill up their testosterone levels, and they do this with rest. Take the time to rest, lay down, nap, get plenty of sleep, watch t.v. or read a book.
11. Honor your partners' needs. Learn which need is most important to your partner and be mindful of these needs. Ask yourself, how do I meet his/her needs at a high level? Learn what exactly is needed to meet that need to get on the same page and reduce miscommunication. Check out my free list of 20 Essential Tips to Communicating Effectively in Your Relationships
12. Love yourself. Learn to be your own best lover. Speak to yourself with compassion. Touch yourself lovingly and mindfully. Take care of yourself physically, emotionally and mentally. Eat, sleep and exercise enough.