

How to Get Whelmed!

We don't want to be overwhelmed, but we don't want to be underwhelmed either! This process can help you find the balance.



1) **Download and print the Whelm Wheel** - It should be on this page, but incase it's not, [Click here](#).

2) **Stick the two pages together to make one Big Beautiful circle of balloons** - Make a fold along one of the pages to match up the two halves of the grey balloon outline in the middle, fold it back, stick them together. Sellotape or a glue stick will work just fine.

3) Look at each of the balloons. (except the Vices & Guilty Pleasures one (see point 5) **Grab your pen and write around each balloon what you'd like: MORE of in each category.**

- More because you would feel good either in the being, doing or having of it, (an example would be that for me, I LOVE colouring! I find it relaxing, meditative and uplifting, though I don't actually do it that often. I'd like to do more of it, so I'd write; colouring - next to the 'art and creativity' balloon, and the 'Relaxation' balloon.)

- OR because the 'having it done' or under control, would feel good. (For me that would be; ironing regularly - in the home maintenance section - I don't want more ironing, but I want the ironing pile finished and under control with more ease, more regularly.)

-With the Work balloon, you can include your business, paid work, voluntary work, or work in the home. Put just your top few priorities so you can easily see where your focus is going when you do get to work. If one activity can go in more than one category, that's great - put it in more than once, for example on mine, self-massage goes on personal care AND rest and relaxation.

4) **Notice how all the things are of benefit to you.** You are telling the Universe how you want your life to look, you're getting it all out of your head and down on paper. You can see everything that is important to you on one sheet.

5) **The exception is the Vices & Guilty Pleasures balloon** which we treat a little differently. Here we write the things which we know aren't necessarily good for us, and that we'd probably be better off if we quit (for me at the moment, it's reading the Daily Mail Celebrity Gossip! It could be too much chocolate, or wine, or shopping or scrolling or whatever) but that it's not quite reached the top of the priority list to let go of yet. We're saying, yes I know this is something that I want to let go of, but I'm doing it at the moment for whatever reason and that's ok. (Often when we allow ourselves to do these things for a time, guilt-free, we release the resistance around it and they become much easier to release when the time comes that we're ready to.)

6) Now you've got down all that's important to you right now..... **Write in the middle balloon, how you want to feel when you're attending to these areas of your life consistently** and with ease. (For me it's always Accomplished, but I usually add a couple of others, at the moment, it's grounded and calm.)

Once you've completed your Whelm Wheel, **PUT IT SOMEWHERE YOU CAN SEE IT, AND/OR put a reminder in your diary to take it out and look at it once a week.**

It'll serve as a gentle reminder of what you're prioritising at the moment, and **what feels good to you.**

The next time you're feeling overwhelmed, indecisive, or down, go and look at it, and read all the things you've written down.

Now pick **ONE** thing that, if you do it, you'll feel better as a result. **DO THAT THING.**

The Whelm wheel grows and evolves as we do. We'll cross things off, and add things on, and sometimes we'll print off a new one and start again. But if we allow it, it'll guide us through times of overwhelm, to a better feeling place of clarity and Accomplishment.

I'd Love to hear how you get on. Drop me an email, or let me know via Facebook messenger.

