



## Eliminate 'overwhelm' for deeper loving...

Did the picture make you smile? Loving relationships are possible to sustain through a lifetime and one of the key aims of the *Resilient Families* programme is to help our readers achieve this. As a psychotherapist I know that eliminating overwhelm is crucial for creating space to love deeply and connect. An overwhelmed person is likely to respond in a reactive, defensive, destructive way to small stressors and this can lead to damaging remarks and behaviours that push people away. Current culture increases the risk of feeling overwhelmed so it's important to have strategies for recognising and reducing this state and better yet, preventing it.

### Trust is a key element to feeling 'in control'

This may sound like a paradox but it's key to managing overwhelm, learning to 'let go and trust' will assist in staying in control of emotions and reactions. Take an everyday situation where Becky is trying to be helpful and second-guess Sarah's needs to show she cares. Sarah looks out-of-sorts, so Becky takes on some of Sarah's daily tasks to 'help out'. Becky may even feel responsible for having caused Sarah to feel glum. Acting from this assumption triggers Becky to feel stressed, anxious and overwhelmed and to feel a need to 'fix it' for Sarah. But, there's a problem...

By Becky assuming and trying to fix things instead of waiting or inviting Sarah to share how she is, can cause Sarah to feel helpless, obliged and guilty, particularly if it means Becky is now getting overwhelmed. Both people lose out.

### The best way to help and eliminate the risk of overwhelm is...

... to 'let go' and trust other people to approach you if and when they need assistance. Encourage them to be very specific in *how* they want you to help and do just that, so that you demonstrate that you trust them, that you believe they are an effective problem solver and resilient. Yes, this means at times they may 'fall' or 'suffer in silence' until they learn to share their needs appropriately. However, in the long term, they'll also know that you trusted them to be capable and believed in them = deep connection and love. That's the best self-esteem medicine you can give another person. Both people win ~ one feels resilient and the other stops getting overwhelmed.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au).

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- ✓ Overwhelm can lead to relationship destroying behaviours and reactions
- ✓ Trust in others, let go of control and find internal emotional control
- ✓ The greatest gift you can give someone is to trust them

*"Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships."*

Stephen Covey

### Did you find this helpful? Want more strategies like this...

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