

# Turn Your Mountains into Molehills

## Hot Topics: 2006 Series – “Overwhelm”

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**D**ivorce can be an overwhelming transition for many people and one where there are multiple layers of concerns to be dealt with and considered. Issues such as finances, change of residence, child custody issues, returning to work, and coping with one’s life turned upside down can all compile into a ‘mental mess’.

A coaching adage I often use with my clients and one that fits well with this topic is, “How do you eat an elephant? One bite at a time!” So let’s review some strategies for tackling overwhelm and getting your life back into a sense of order.

### **First, get clear on your mental clutter:**

- Take a blank piece of paper and make a list of everything that overwhelms you.
- When you are through, categorize each area of concern: for example, finances, health, the children, career, retirement, etc.
- Next on another blank piece of paper organize your list even further by creating a column for each of the above areas.
- Now, underneath each column break that area down even further into its smallest component and communicate what specifically overwhelms you about each component.



For example, under finances you might have the following:  
a). will I be able to financially keep my house or will I have to move? b). Will I be able to maintain my current lifestyle? c). Will I need to supplement my lifestyle by returning to the workforce?

### **Second, develop a dream team:**

At the bottom of each column, come up with at least two resources you could tap into for assistance in getting a handle on each area. They may include:

- People you know
- People others have used
- Professionals
- Your church or synagogue
- Books
- CDs
- Seminars & Workshops

**Third, take a bite out of the elephant!:**

- Decide which of the columns is most pressing to you or occupying the majority of your thoughts.
- Take a specific action towards tapping into a resource on your list and make the call, buy the book, or schedule the meeting today!

**Fourth, Set your sites on being a victor rather than a victim in life:**

- I often tell my client's that their success boils down to two things: what they are willing to do and what they are willing to think.
- How are your thoughts today adding to your worries or sense of overwhelm? Are you empowering or disempowering yourself with your level of thinking about each of these situations?
- Use your women's prerogative and learn to change your mind about how you believe your new life will be. Set goals that motivate and inspire you to seek the new life you deserve.
- Eliminate I can't, I'll never, or I don't know how from your vocabulary. Saying negative things to yourself is keeping you stuck.
- Reframe these thoughts into powerful questions, such as:
  - Who do I know who has been through this and has been successful?
  - What do I want?
  - What is another way of looking at this?

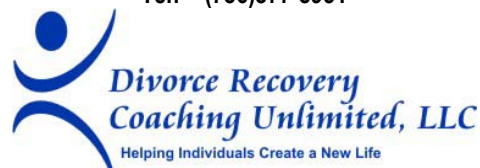
**Fifth, take incredibly good care of yourself:**

- Give yourself permission to put yourself and your needs first.
- Take the kind of care of yourself you would of others.
- Do not skip meals but eat at least three healthy, nutritionally dense meals a day.
- Include physical fitness 5 days a week
- Get 8 hours of rest a night.
- Avoid caffeine and other over the counter drugs unless they are prescribed by your physician.
- Recognize when you may need professional help or advice.
- Detox your environment by limiting TV and radio exposure as these often times add to anxiety.
- Get a massage weekly – healthy, therapeutic touch has shown to improve our sense of well-being.

**Lastly, Focus on your future:**

- Understand to win the war may mean not fighting every battle.
- Keep a journal to track your progress.
- Set some good goals around your divorce and keep them as the focal point of your actions and decisions

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