

The Calm Challenge: 5-Day Guide to Overcoming Overwhelm



Day 1: Acknowledging Overwhelm

- **Recognize Signs:** Understand the emotional, mental, and physical indicators of overwhelm.
- **Identify Stress Sources:** Pinpoint external stressors such as workload, relationships, and other pressures.
- **Awareness:** Realize that awareness is the crucial first step in managing and overcoming overwhelm.



Day 2: Breathing and Mindfulness Techniques



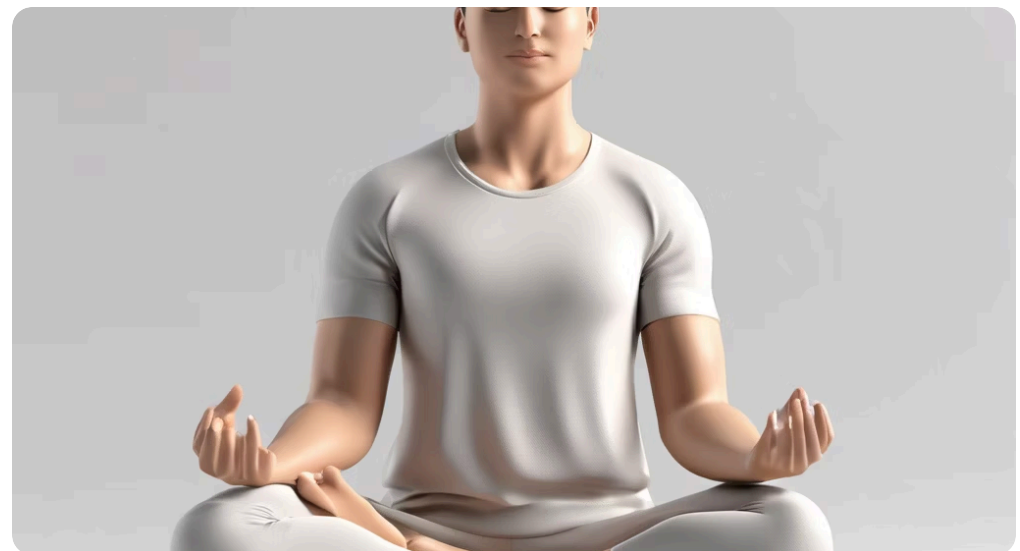
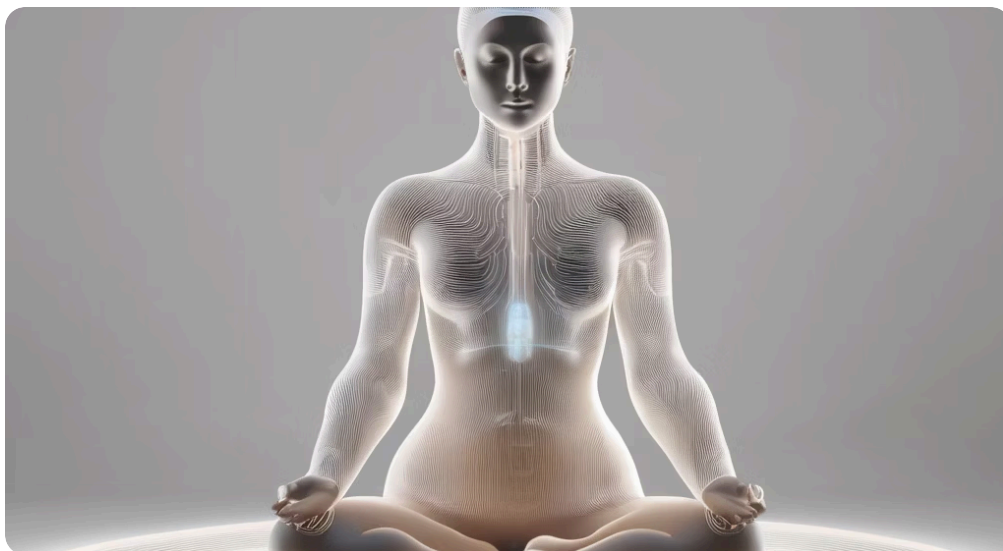
Breathing Exercises

- **Deep Belly Breathing:** Focus on expanding the abdomen as you inhale deeply and slowly.
- **Box Breathing:** Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and hold for 4 seconds. Repeat.



Mindfulness Practices

- **Body Scans:** Gradually focus attention on different parts of the body to promote relaxation and awareness.



5-Minute Breathing Exercise

1. Find a comfortable seated position.
2. Close your eyes and take a deep breath in through your nose.
3. Allow your belly to expand as you inhale.
4. Exhale slowly through your mouth.
5. Repeat for 5 minutes, focusing on your breath.

Day 3: Setting Boundaries

Reflect on where you might be saying 'yes' too often.

- Learn to say 'no' or negotiate for a balanced approach.
- Setting boundaries is essential for protecting your mental energy.

Example Scripts for Declining Tasks:

1. "I appreciate the offer, but I need to focus on my current priorities."
2. "Thank you for thinking of me, but I won't be able to commit at this time."
3. "I'm honored you asked, but I need to say no to maintain balance."

Worksheet:

- Write down areas in your life where you need stronger boundaries.



Day 4: Prioritizing Self-Care



Self-Care Plan

- **Physical:** Go for a walk, practice yoga, or take a relaxing bath.
- **Emotional:** Journal your thoughts, listen to music, or connect with a friend.
- **Mental:** Read a book, meditate, or engage in a creative hobby.



Reflection Prompt

Take a moment to reflect on how prioritizing self-care has impacted your stress levels and overall well-being this week.

Day 5: Creating a Support System



Identifying Support

- List individuals who provide emotional and practical support.
- Reflect on how each person contributes to your well-being.

Benefits of Social Networks

- Strong social networks can significantly reduce stress and improve mental health.
- They provide a sense of belonging and security.



Building Connections

- Engage actively with your support network.
- Strengthen relationships through regular communication and shared activities.

Creating a Support System Map

- Visualize your support network by drawing connections between friends and family.
- Use this map to identify areas for strengthening or expanding your network.

Bonus Resources



Meditation Apps

Explore a variety of meditation apps that can guide you through mindfulness practices at your convenience.

Join Our Community

Become part of our online community to connect with others on a similar journey and share experiences.



Breathing Exercise Videos

Access videos that provide step-by-step guidance on breathing exercises to help manage stress and enhance relaxation.

Sign Up for Future Workshops

Stay informed about upcoming workshops designed to deepen your mindfulness practice and provide ongoing support.



Lekeisha Mosley (Author | Coach | Speaker)

Lekeisha is a Midlife Empowerment Coach, publicist, and founder of My Identity-Driven Life, LLC. An Army and Air Force veteran, Lekeisha is also the host of the podcast 'Confused to Focus Talks with Lekeisha,' where she empowers midlife women and embraces their journey through segments like Wellness Wednesday and Tech Thursday. Her work includes creating standalone meditation courses, writing books and journals, and offering a variety of coaching services. Lekeisha's passion lies in helping others break free from feeling stuck, embrace their journey with confidence and purpose, and achieve holistic wellness.

****My Testimony****

I have experienced chronic illness due to stress, hurt, pain, and unforgiveness. I suffered from sexual abuse by family members and realized the importance of speaking one's truth for healing and forgiveness. Despite being diagnosed with multiple sclerosis (MS), I feel healthy and strong after taking required medication and embracing a holistic approach to health. My journey from pain to purpose has led me to help others heal and conquer their environment, encouraging them to break free from feeling stuck and embrace their journey with confidence and purpose. Now, as a stronger and healed individual, I emphasize living resiliently without relying solely on medication, achieving a whole-life approach through meditation, affirmations, and self-connection.

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