

## How to Manage Overwhelm

Students manage a lot, which can easily lead to overwhelm. Here are a few tips on managing it:

1. **Take a step back.** When you're feeling overwhelmed, it's helpful to step back, pause, and just focus on breathing. This will help you to calm down and think more clearly.
2. **Break down your tasks.** If you have a lot of work to do, it can be helpful to break it down into smaller, more manageable tasks. This will make it seem less daunting and more achievable.
3. **Set priorities.** Not all tasks are created equal. Some are more important than others. Take some time to figure out which tasks are most important and focus on those first.
4. **Take breaks.** It's important to take breaks throughout the day, even if it's just for a few minutes. Get up and move around, step outside, or do something else that you enjoy. Taking breaks will help you to stay refreshed and focused.
5. **Take care of yourself.** Make sure to get enough sleep, fuel your body with water and healthy foods, and move your body regularly. Taking care of your physical and mental health will help you to better manage stress and overwhelm.

If you're feeling overwhelmed, don't hesitate to reach out for help. Your academic advisor, the Learning Resource Center, the Writing Center, and CCPH are all helpful resources.

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**Want to learn more?** Check out the [Toolkit Series](#) self-guided workshop on [Time Management](#) and [register for the live session](#) on [Time Management and Prioritization](#).