

# Four-Step Approach to Cure Us of Feeling Overwhelmed

## **Step 1: Prioritize and Trim.**

Make a list of the demands in your life and separate them into these two categories: must do vs. choose to do.

## **Step 2: Release Your Resistance.**

Determine to accept unavoidable duties willingly, even cheerfully.

## **Step 3: Strengthen Yourself.**

Your first responsibility is **YOU**.  
Take care of yourself so that you  
can take care of others.

## **Step 4: Give Your Problems to God.**

Leave everything to God.

