Overcoming feeling Overwhelmed

Seeing the bigger picture

Frightening or Empowering?

Know the enemy

Look at the whole / the parts.
Where is it:
comfortable?
uncomfortable?

Plan the attack

Plan the work then
Work the plan

- Balance: Work / Life / Study
- What's to be scheduled in the: week / month / course?
- Consider - what worked previously?

Trust the process

Learning = time, questions, stumbles, practice.
Slightly challenging = learning.
(no challenge = boredom)

Acknowledge emotions & use solutions

YOOBEE