

4 WAYS TO FIGHT *Overwhelm* CAUSED BY ADULTING



Get Organized

Write your thoughts in a sheet of paper or typed it down in a mobile notes app. This will help you have an overview of the tasks to be done and actions to be taken. Also, de-clutter your work space.



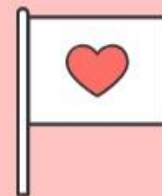
Manage your Finances Well

Learn how to do a budget and account all your expenses. You should be the one telling your money where to go and not the other way around. Build your emergency fund and get an insurance.



Establish helpful routines

Habits will help you be free of decision making thus making you feel less stressed. Automate healthy and helpful habits. Do it consistently until it becomes a lifestyle



Practice Self- Care

Practice mindfulness. Anxiety comes from fearful thoughts about the future and you can fight it by pulling yourself back in the present. Set specific boundaries too.

For more mental health tips, visit
theupliftingspace.com