



Overcoming Overwhelm: With Stress Ecology

Is it time to practice stress ecology?

Life is so busy you rarely have the chance to stop and examine the swirl of demands for your time, energy, and attention. Overwhelm makes you feel like you can't keep up.

If everything is urgently important, nothing can be a priority.

What often is blamed on lack of organization or poor time management usually turns out to be overwhelm-induced confusion of urgency.

In this workshop, author Eliz Greene delves into the Overcoming Overwhelm section of *Stress-Proof Your Life*, guides you through each exercise, answers questions in real-time, facilitates discussion of strategies, and provides recordings for deeper learning.

- Tame overwhelm through a series of stress ecology exercises to:
- Identify what is calling for your time, energy, and attention.
- Determine the organization of your stress environment.
- Evaluate the relative value of the items to support your vitality.
- Intentionally reorder your environment using the stress ecology model.