



# RAY EDWARDS

LIVE WITH JOY. LEAD WITH PASSION. PROSPER WITH PURPOSE.

## How to Get Out of Overwhelm Episode #174

**Sean:** I totally love that you got your drive to do the music for this podcast.

**Ray:** I don't know if you're aware, but I have not thought of the band Emerson Drive in 10 years. I don't even know what they're doing now or if they're even a band still.

**Sean:** I have no idea, but it sure sounds like them.

**Ray:** I wonder if it is?

**Sean:** It might be.

**Ray:** Ed's the guy who arranged the jingle for us, maybe he could tell us. Maybe that's what they're doing now, they're not a bad but they're jingle singers.

**Sean:** That would be sad. Welcome to the Ray Edwards show where we help you start, run and grow your own Internet based business so you can enjoy more freedom in your life. My name is Sean Edwards, and I'm the host of today's show.

Let's get started.

**Ray:** Yeah, I think a lot of people are experiencing this, especially people in our world, in the world of people who want to build platforms or want to have online businesses. By being in overwhelm what I mean is, do you feel tired? Do you feel stressed out and that there's more to do than you know how to do? Like, I have more stuff to do than I have time to do it, which is a refrain I have said myself and heard others say.

I believe there's a way out of overwhelm, which we'll share later just how to do that.

**Sean:** That's awesome and sounds exciting. We'll get to that right after this.

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### Spiritual Foundations

**Ray:** I was attending a healing conference being hosted by Randy Clark, who is a big teacher in the divine healing movement. He was sharing stories about God healing people and what role faith plays in that, and whenever the subject of divine healing comes up there's oftentimes tension around the faith issue because many people feel if they aren't healed or if the person they're praying for isn't healed they think it's because they didn't have enough faith.

It's not necessarily about healing either, if you're praying to God to help you get a certain job or restore your marriage, whatever the case may be, you may feel if you don't get the

result you were praying for that the problem is with your faith. During the event, Randy Clark shared this verse, which was special to me. It's Mark 9:23...

**Sean:** It's your birthday.

**Ray:** I wasn't sure what the verse was at the time and Randy said I want you to go to Mark 9:23, which shocked me and I thought, I'm about to get a birthday present. *'Jesus said to him, if you can believe all things are possible to him who believes.'*

What happened was that someone had come to Jesus for a miracle and said if you can you could heal him. Jesus said if I can; if you can believe all things are possible to him who believes. The way this is taught is that you can have your miracle if you can believe enough and it's also the excuse of the great healing evangelist who comes to town and says you can be healed and if you aren't then they're like well, son you just didn't have enough faith. Better luck next time...

They wouldn't actually say that, but I believe that's how it feels for a lot of people. So the teaching is, if you can't believe than Jesus isn't going to give you your miracle and that would be cruel and twisted. I don't think that's what it means. If you study the Greek structure of the verse, and I'm not a Greek scholar by any means, but I know where Greek scholars can be found on the Internet. If you look at a lot of the Greek scholarship around how this verse is structured, another way of reading it is, can you believe that all things are possible to him, Jesus, who is always believing.

That makes a total difference in how you receive that verse it's not about how well or how much you or I believe, but it's who you believe. Jesus is the only one who's faith never waivers or fails. In fact, He's the one who gives us our faith. It says in scripture that He is the author and perfecter of our faith. So, if you can believe that all things are possible for Jesus, who never doubts or waivers, then you're on your way to receiving your miracle and it doesn't depend on your faith. All you have to do is have faith in the one who has perfect faith.

So that's my birthday present to you, even if it's not your birthday today. It was my present and I now pass it along to you.

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## **Feature Presentation**

**Sean:** That was great. Now, the main topic of today's podcast is how to get out of overwhelm and I believe you have five points for us, right?

**Ray:** I do have five involving overwhelm, and others may call it stress or fatigue. I have a good friend that calls it their 'freak out' mode. What do you do when you're in freak out mode? I think there are seven distinctive steps we can take to get us out of overwhelm.

**Sean:** Okay, so what's first on your list?

**Ray:** Okay let's go.

1. Realize overwhelm is not reality it's a story.

I know that sounds trite and like something on a fortune cookie, but the truth is that everything that happens to us in life just happens and then we assign a meaning to it.

Some of you may be freaked out right now thinking I'm saying that we just make up meanings, but that's not it. What I'm saying is that in many, if not most that happen to us, our emotional response to what happens is based on a meaning that we construct in our heads.

Something you need to think about is the idea that, are you really overwhelmed or just attached to your story about how overwhelmed you are? There are benefits to telling people how overwhelmed you are. If I say to you, 'I am just really overwhelmed', and there are other ways I could say it like, good positive thinking, achiever language you can use that sounds politically correct to achievers. I am so blessed with so many opportunities right now that's my biggest challenge. That can also be interpreted as, I'm totally overwhelmed or totally freaked out and don't know what to do.

And we get attached to the story because it gets us attention, because people say wow he's such an achiever, he can do so many things. He has such a tight schedule yet he's so happy about it that's awesome or we get sympathy for it and people are like oh, you poor guy you have so much responsibility on your shoulders, I feel for you. This is probably the most alluring and attractive seductive thing that can happen is we have this story about how overwhelmed we are, which is a way of saying to others, look how important I am. I am so important that if I stopped doing what I'm doing, the world would come to a halt.

It's just a story. The story of your overwhelm is not really your life it's just your story about your life. So step one isn't reality it's a story and you have to decide whether you're going to keep telling yourself that same story or not.

**Sean:** Okay. If it's just a story what do you do?

**Ray:** Go to step 2.

2. Stop telling yourself the story.

It sounds easy to do but it takes practice. You have to catch yourself telling the story. I've been through this myself more than once. I start feeling really stressed out and overwhelmed and I've caught the pattern. I start thinking about all the stuff I have to do and then I blow up in my mind the pile of things I have to do and I simultaneously shrink the calendar into which it has to fit. That's a disaster for being overwhelmed and that's the story I'm telling myself, so you have to be sure and tell yourself a different story.

**Sean:** Once you understand that, what's next?

**Ray:**

3. Realize that all stress exists only in the future.

Think about it, you can't be stressed out about something that's happening right now. You're simply responding and reacting to it. Even if you're in a car accident you're not stressed by the accident. You may be filled with adrenaline. You may be thrilled, but you're not stressed because the stress came before you entered the traffic flow, when you thought about what might happen, what could happen or, what does it mean that I have all these things in my schedule? You're thinking about the future. As Yoda spoke of Luke Skywalker he said, *always his mind on the future this one, never his mind on where he is and what he's doing right now.*

If all stress exists in the future then focus on what's happening in front of you right now. Here's a trick you can do to relieve whatever your biggest stresser is right now. In the past week I had a lot of built up stress over a course I needed to complete before leaving on a three-week trip. I have to finish the modules and get the filming, production and other things done. I found myself feeling stressed about it late in the afternoon one day and I realized the stress was in the future and then decided to make it right now.

I pulled out Keynote and started working on the slides for the module I was supposed to be working on next, the one I was stressed out about and the stress disappeared because I did it right then, so it was over. So to get over it is to just freakin' do it.

**Sean:** All right, moving forward, what comes after that?

**Ray:** You need to decide what the next logical thing is to do, which is another mind game we play with ourselves. We construct what David Allan calls, a project, which he says most people don't have a project they have a massive blob of undoability. Therefore, if you have a task that's just one thing, like my task would be to clean off my physical desk top. There are lots of ways I could do that but again that's one task. But, if my project then is to organize my office, there are several tasks involved like...

Clean off the desk top

Throw out trash

Go through desk drawers to see what's necessary/unnecessary to make sure the right stuff is in the right place

That's a project because it has a series of tasks that have to be done in coordination with one another. So the best way to get out of being overwhelmed by a project which is the only thing we can be overwhelmed by. We can't be overwhelmed by a single task, because we know it's only one thing that we can do and be done with it.

4. Figure out what the next physical step is that needs to be taken on the project and just take it. If you can't take it at that moment, put it on the calendar.

We just had a mastermind meeting with our Regency mastermind where we had them write out a list of their tolerations, the things in their lives they tolerate that bug them to one degree or another. Some people came up with 30-40+, but even the most put together person we know had 7 on his list and for each of those people we told them to take the easiest one for them to deal with at the present time and get it done within the next 5 minutes. We advised them to do something to remove that toleration, take the action.

For some people they could take it right away and delete an email account, while for others they had to make an appointment or put on their calendar that this is the day they would talk to the person on their team where they would let them know they had a different position in the company or whatever. If there's another step following that then put it on the calendar for when you will be taking it and you will be less overwhelmed by that particular project.

**Sean:** That's good because I remember when you first shared this with me years ago and it was very useful. I was still in college at the time, it was my last year and I had a large research paper as well as other things going on at the same time. I remember talking to you on the phone about how I was super stressed or in a state of overwhelm and you said to me,

what do you need to do? You just need to create a list and went through the same steps you just did here. I asked what the first thing to do would be.

I mentioned it was a research paper so I needed to do research, but you said no, you need to do some research but that's not your first step. What's your first step? I was confused and you asked, if you need to do research how do you do that? I said I have to find the books that contain the information and you said, how do you do that? I said I have to look it up on the universities library index and doing title searches.

You said okay but no that's still not your first step. What's the first step? I said go to my computer and open up the website for the university library and you said, that's your first step. I remember getting off the phone and doing that and then 10 minutes later I had a list of books and upon looking at the clock I realized I had time to run to the library and get the books. I mention this because I've used this method over and over again when I start to feel overwhelmed.

**Ray:** Thank you, I'm glad it helped.

**Sean:** Once you do that, what's next?

**Ray:** The next step is...

5. Place your overwhelm in 'day tight compartments'.

This is what I call it and I believe the terminology came from Brian Tracy, but I believe it was him who talked about putting your fretting/worry about the future in day tight compartments. Meaning, if it's not going to happen today and there's nothing you can do about it today then there's no point in worrying about it today and that's easy to say, but how do you do it?

Your calendar can be your best friend for getting you out of overwhelm. If there's nothing I can do about a project today, like I have certain things to get completed before the trip we're taking and many of them I can't do today but they need to be done within the next 5 days. Well, I have those scheduled on my calendar for completion over that time period and those that aren't happening today I'm not giving a second thought to, because they're on the calendar for another day, so they're in day tight compartments. Brian Tracy didn't invent the idea, there was another great teacher that said, *don't worry about tomorrow, today has enough trouble of its own*. That was Jesus and he had a lot of good ideas, you should check him out.

**Sean:** Let's recap the 5 steps to get out of overwhelm.

1. Realize overwhelm is not reality it's a story.
2. Stop telling yourself the story.
3. Realize that all stress exists only in the future.
4. Figure out what the next physical step is that needs to be taken on the project and just take it. If you can't take it at that moment, put it on the calendar.
5. Place your overwhelm in 'day tight compartments'.

**Ray:** It's simple but it works.

**Sean:** Remember, you can get the show notes, links and transcript of the episode at [RayEdwards.com/174](http://RayEdwards.com/174). If you get value from the shows and think others would as well, the

best way to help spread the word is to subscribe to the show in iTunes. You can give us a rating and review, which gives us more visibility in iTunes and more people will find out about it.

Dad, any final thoughts?

**Ray:** Yes. I believe I heard Jack Canfield say this the first time and I've tried looking up the attribution because I never like using quotes and give credit, but I can't find the person to credit for its originality. *'The story of your life is not your life it's just your story, so if you don't like the life you're living, tell yourself a different story.'*

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