## **ADVANCE INFORMATION**





# Overcoming Overwhelm Journal

### **Bex Spiller**

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#### Description

Spread over 12 weeks, the *Overcoming Overwhelm Journal* guides users through the tools and techniques that can elevate the mind and allow them to tackle the world without being overwhelmed by everything.

Easily accessible guide to regaining control of your life and feelings in stressful times. The perfect follow-up to the *Anti-Burnout Journal*, continuing and expanding on the lessons there, while exploring new tips and tricks. Undated format makes it perfect for starting whenever feelings of overwhelm creep up, and returning to the lessons whenever needed! Based on the popular course from the Anti-Burnout Club, *Overcoming Overwhelm* takes the lessons from the course and expands them, giving readers a tool they can turn to again and again to combat feelings of overwhelm and regain control of their life and feelings when times are just a little bit tough. Spread over 12 weeks, the *Overcoming Overwhelm Journal* guides users through the tools and techniques that can elevate your mind and allow you to tackle the world without being overwhelmed by everything around you – which is especially important in these trying times! Featuring tips and tricks to getting you started, and teaching you new tools to have in your arsenal when feelings of overwhelm appear – such as breathwork and tapping – the *Overcoming Overwhelm Journal* is the perfect place to start in getting you on the right track for a fulfilling and productive life!

#### About the Author

Bex Spiller is the creator of the Anti-Burnout Club, an online platform dedicated to helping people take control of their lives and feelings in troubling times. Alongside this, she has completed the gold-standard Mindfulness-Based Stress Reduction, Mental Health and Mindfulness, Mindfulness and CBT, and is awaiting accreditation for a Mindfulness Level 3 Diploma. Author of the best-selling Anti-Burnout Journal, she is a Fellow of the Royal Society of Arts and a TEDx speaker, and was voted Favourite Wellness Champion at the Health & Wellbeing Awards 2022. She is based in Kent, UK.

#### Example spreads from the book

A QUICK GUIDE TO BRAIN PUMPING AND USING THE JOURNAL		MONDAY Now do 1 feel this morning DATE: DO D D D	END OF DAY CHECK-IN What an I prawd of achieving todag?	END OF MONTH CHECK"IN Start by listing your top 5-10 achievements this menth.	YOUR WHEEL OF LIFE The Itherated Life is a great lead to be being you to gain perspective product oreas of
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		Oudelles les fa las dag l'espain espelloure d'integration per atre ad qualdurant sen d'andres, then, scan pot mainagne désplain	How do 1 feel this evening		or burny vide / Are there are once in the stand out as needing obtained? Pendod these previous council you of relationship for verwahettered? Consider this as you inflect on your month.

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