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**OneHope**  
GOD'S WORD. EVERY CHILD.

What to do  
when you're  
overwhelmed

**ROB HOSKINS**

We've all been there: your alarm clock goes off, and you stay in bed a few minutes more because you aren't quite ready to face the day. In a culture that applauds busyness and success, it can be difficult to find a balance between taking care of responsibilities and being stretched too thin.

While some seasons are naturally more demanding, such as a job change, the holidays, or preparing children to go back to school, we can be intentional about taking steps to cultivate healthy boundaries and rest.

*WHEN  
YOU'RE FEELING  
OVERWHELMED,  
THINK OF THESE  
REMINDEERS.*



*RESET*

What to do when you're overwhelmed

# RESET

## 1. *LET OTHERS HELP.*

This may seem like an obvious one, but for many people, it's difficult to ask for help and even harder to allow someone to follow through on what they offer. Sometimes, pride gets in the way. Or maybe you feel like you are failing as you wave a white flag. But we see in the early Church that they relied on each other.

“All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had.”  
**Acts 4:32 (NIV)**

As the Church, to be one in heart and mind, we need to be aware of those around us who are struggling and have the courage to speak up if that someone is you. If no one knows what you are going through, they can't show up for you in a tangible way.

Maybe asking for help is as simple as inviting a close friend to join you in prayer during this season. Maybe you partner with a neighbor and switch off who goes to the grocery store every other week. Perhaps, it's taking a step like signing up for counseling.

If you're feeling overwhelmed, remember that you won't always be in this season. Some day you will have an opportunity to be the one who lends a helping hand, but maybe today, it's your turn to ask for help.

### *ACTION STEP:*

Reach out to a friend or someone from church —3 you may be surprised at how willing they are to help!

# 2.

## *PRIORITIZE YOUR DEVOTIONAL TIME.*

When your schedule gets busy, one of the easiest things to find slipping away is devotional or prayer time. Even if it's not feasible right now for you to do an entire 30-minute devotional, find a pocket of time in your day where you can focus on spending time with God. If your regular routine isn't exciting to you anymore, switch it up! Try journaling, diving deeper into the historical context of the verses, or watching a video devotional – there are so many options.

But when you cut out your devotional time completely, you're cutting out the thing that will actually help you the most. The Lord enjoys communing with you no matter the time of day, and He's always willing to be a listening ear and provide guidance. Check these verses out:

“Come to me, all who labor and are heavy laden, and I will give you rest.”  
**Matthew 11:28 (ESV)**

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”  
**James 1:5 (NIV)**

Here are some suggestions on where you can have a mini-devotional time:

- Pray during a commute on the way to work.
- Wake up 10 minutes earlier and sit down with a hot beverage and the Word.
- Walk your dog and listen to praise and worship.
- Listen to an audio Bible while you get ready in the morning.

### *ACTION STEP:*

Set a reminder on your phone during a timeframe that works for you to have devotional time.

## 3.

*UNPLUG.*

The news and social media seem to be extra doom and gloom lately. There's a lot going on in our world, and it can add to that overwhelming feeling. Social media can even lead to comparison and envy. That youth pastor you've been following that seems to be crushing it... That mommy blogger that seems to have it all together... There's always a "behind-the-scenes," and it's not nearly as glamorous.

The Bible is clear on the negative influence of envy:

"A heart at peace gives life to the body, but envy rots the bones."  
**Proverbs 14:30 (NIV)**

Yikes!

Is social media contributing to feelings of envy? It may be time to unplug.

Now, we're not suggesting cutting out social media completely, or even doing a month-long fast. That may not be the best option for you. But it is helpful to pause and think through a few things:

- How much time do you actually spend on social media?
- Do you feel drained or inspired after looking at those platforms?
- Do you turn to social media when you're bored? What could be an alternative?

After this exercise, you may not be satisfied with your answers, and it could be time for a change. Or maybe social media isn't the problem, and it's responding to emails or watching streaming services. If technology is harming or adding stress to your life, find a way to cut back.

***ACTION STEP:***

Do a social media audit with the questions above, and make a game plan for moving forward.

# 4.

Your best resource when going through a challenging time is to rely on the Lord and take practical steps to improve the way you manage your time and energy. You'll get through this! May you find encouragement in this verse today:

## *MOVE FORWARD.*

“I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

**John 16:33 (ESV)**



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