

From Overwhelmed to In Control

3-Step Rescue Plan



HIGH VOLTAGE
Leadership

From Lindsay



Overwhelm doesn't mean you're weak.

It means you've been carrying too much, for too long, with too little support.

This is the exact **3-step rescue plan** I use with my clients (and myself) to stop the spiral and reclaim calm.

Remember—you don't need to do more to be worthy. You are already **powerful**, and now it's time to lead from that place.

Use this space to **realign with what matters most.**

Step 1 Ground Yourself

66 *We start with presence, not productivity.*

1. **Step away from your desk or laptop.**
2. **Put both feet on the ground, sit tall.**
3. **Take deep breaths** (box breathing works beautifully: in for 4, hold for 4, out for 4, hold for 4).
4. **Put your hand on your heart and say:** *“I am feeling really overwhelmed. It’s because I care so much—and I’m allowed to pause.”*

Notes after grounding:

Step 2 Identify the Fire

Everything feels urgent in panic mode—
but usually, only one thing is.

Ask yourself:

“If there’s one thing I need to solve today that would give me the most relief, what is it?”



My fire is: _____

Today’s list:

Write up to 3 things. One should be personal.

1. _____

2. _____

3. _____

Step 3

Get Support

You don't need another list—you need a lifeline.

Here are some lifelines you can reach for:

☐

Coach

☐

Business bestie

☐

Partner or spouse

☐

Mentor

☐

Team member



Who I will reach out to today:

Reset & realign:

What matters most right now:

Where I need to delegate/get support:

How I want to feel as I lead this week:
