

# I Am Crazy

## (Feeling Overwhelmed? Part 2)

Been there. Done that. Right now while I am writing this, it is the middle of summer break and I am on vacation riding through beautiful Yellowstone Park. I am not feeling overwhelmed, stressed, or anything like it. The scenery is beautiful and it is awesome because I am not only enjoying the beauty, I am productively typing along as well. Sometimes it feels good to multi-task. We have stopped to see Old Faithful, some bubbling, boiling hot pots, and took pictures of various forms of wildlife including elk and buffalo. Sounds nice, doesn't it? I figured now would be a good time to write about being overwhelmed. If I try to do write it while I am in the middle of being overwhelmed, it might be rather overwhelming. But, I have plenty of experience with being overwhelmed.

Mount laundry is piled 6 feet high. I can't even find the kitchen sink. The third grader has fallen behind where I wanted him to be in literature and is struggling. All I seem to be doing is running a taxi service—pretty hard to get any school done that way. The little one was up twice in the night. I worked so hard all day and didn't accomplish a thing. What am I doing wrong?

When I have days(or weeks) like this, what pulls me out of it is when I finally remember to regroup. I need to make sure that my priorities are where they need to be for myself. I have to check and make sure my spiritual, emotional, physical, social and mental priorities are set straight. Usually at least one is out of whack. Social priority may seem like an odd one to add to the list, but this is an area I tend to neglect on a regular basis as I get caught up in meeting my family's needs. Fulfilling social aspects of life often rejuvenates a person in other ways. Here are some ideas. Stop and make time for doing something for you.

- Grab a friend and plan a movie night or dinner out (Social)
- Read a spiritually uplifting book (Spiritual)
- Research something that interests you—music, history, horses, camping, needlework, etc. (Mental)
- Get your heart pumping—jog, jump on trampoline, use exercise equipment, bike, etc. (Physical)

- Have some de-stress time—read a book, listen to soothing music, take a bubble bath, get out into nature. (Emotional)

These are just a few ideas. Maybe nothing sounds appealing to you or to me when I read this again needing a reminder. Perhaps doing an internet search for a good activity would be helpful. For me, I shall try to remember my trip to Yellowstone and know that life isn't always, or doesn't have to be, overwhelming.

Maki—2007

[homeschool@completelee.com](mailto:homeschool@completelee.com)

[www.completelee.com](http://www.completelee.com)

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