

# Brain OvErLoAd!



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**What is Brain Overload:** Brain Overload, is like a traffic jam in your mind's highway. Picture this: your brain is a super-highway of thoughts, tasks, and information rushing around, but sometimes, there's just too much going on at once. It's like trying to fit too many cars onto a narrow road- things start to slow down, and chaos reigns.

**What are some causes & symptoms?:** Now, let's talk about the causes. Modern life is a breeding ground for brain overload. Our constant connectivity means we're bombarded with emails, notifications, social media updates, and endless streams of information. Multitasking, while it might seem impressive, adds to the problem. Your brain is splitting its attention between tasks, causing a bottleneck effect.

Symptoms can be hard to miss. Have you ever felt scatterbrained, forgetful, or struggled to concentrate? That's brain overload waving its flag. It might show up as stress, anxiety, or irritability too. Sleep troubles? The brain overload can sneak into your dreams, making it hard to unwind and rest.

**Triggers and Signs that you may be experiencing Brain Overload:** It's crucial to recognize the signs and triggers of brain overload so you can address it before it takes a toll on your well-being. Recognizing these is the first step toward addressing brain overload: If you notice them in your life, it's time to take a step back, reevaluate your commitments, and implement strategies to declutter your mind and restore balance. Your brain's well-being is worth the effort!

## Common Brain Overload TRIGGERS:

**-Overcommitting:** If you find yourself saying "yes" to every request, project, or task without considering your capacity, you're setting the stage for brain overload.

**-Constant multitasking:** Juggling multiple tasks at once might seem efficient, but it can overwhelm your brain and lead to decreased focus.

### **Common Brain Overload TRIGGERS (cont.):**

**-Digital Overload:** Spending excessive time on screens bombards your brain with information and reduces its ability to process effectively.

**-Lack of Boundaries:** failing to set clear boundaries between work, personal time, and rest can lead to constant mental churn.

### **Common Brain Overload SIGNS:**

**-Forgetfulness:** Frequent lapses or difficulty recalling information that you used to remember easily.

**-Decreased Concentration:** Struggling to focus on tasks or conversations, or finding your mind wandering frequently.

**-Increased Stress:** Feeling chronically stressed, anxious, on edge, even during moments of relaxation.

**-Irritability:** If you notice you're becoming more easily frustrated, short-tempered, or snappy.

**-Sleep Disruption:** Trouble falling asleep or staying asleep due to a racing mind.

**-Decreased Creativity:** When your mind is so overwhelmed, creative thinking and problem-solving abilities tend to take a hit.

**-Physical Fatigue:** Overload can lead to physical exhaustion, as your brain's processing demands take a toll on your energy levels.

**-Procrastination:** Being overwhelmed can lead to avoidance of tasks and procrastination to cope.

**What are some tactics to stay Focused?** Here's the thing: you're not powerless. As a health and wellness coach, I'm all about proactive solutions. To fight brain overload, start by decluttering your mental space. I have worked with many clients to find proactive solutions that worked best for them. Some of those solutions included prioritizing tasks, using digital detoxes to disconnect, and practicing mindfulness. Taking breaks, even short ones, can clear the mental traffic.

Some clients have reported the combination of movement and intuitive eating gave them the best results in their mental clarity. Exercise boosts blood flow to the brain, helping it process things more efficiently. Nutrition helps to feed your brain with nutrient-rich foods like leafy greens, berries, and Omega-3 rich fish. These goodies help support cognitive function and mental clarity.

If you feel like your brain is running on overdrive, remember, you've got the tools to ease that traffic. Take a deep breath, simplify, and create space for a calmer, cleaner mind. Your brain- and your overall well-being- will thank you for it.

### When is it time to seek professional help?

Recognizing when it's time to seek professional assistance is a crucial aspect of maintaining your overall well-being. As a health coach, I'm here to guide you through some signs that indicate it's time to consider seeking professional help for brain overload:

**-Persistent and Severe Symptoms:** If the symptoms of brain overload, such as extreme stress, anxiety, cognitive difficulties, and sleep disturbances, persist over an extended period and start interfering with your daily life, it's wise to consult a healthcare professional.

**-Decline in Mental Health:** If you notice a significant decline in your mental health, such as increased depressive feelings, panic attacks, or a sense of hopelessness, it's important to reach out for support.

**-Impaired Functioning:** If brain overload is causing significant impairment in your ability to perform your job, manage relationships, or engage in daily activities, seeking professional help can be crucial to prevent further decline.

**-Isolation and Withdrawal:** If you're withdrawing from social interactions, isolating yourself, or avoiding situations due to the overwhelming nature of brain overload, seeking assistance can provide the tools to reconnect.

**-Substance Use as Coping:** Turning to substances like alcohol, drugs, or even excessive caffeine to cope is a red flag that professional assistance is needed.

**-Safety Concerns:** If you're experiencing thoughts of self-harm or suicide, or if you're concerned about your safety due to the intensity of your emotions, it's crucial to reach out for professional help immediately.

**Remember,** seeking professional assistance is a sign of strength, not weakness. Just as you would consult a specialist for a physical health issue, it's equally important to consult a mental health professional when dealing with challenges related to brain overload. They can provide tailored strategies, therapies, and support to help you navigate this phase and build a resilient and healthy mind.

Interested in meeting a CHW Health Coach or another valuable member of the CHW team? Check out all the services available and schedule an appointment online at:  
[wisconsinmilitary.org/comprehensive-health-and-wellness-program](https://wisconsinmilitary.org/comprehensive-health-and-wellness-program)