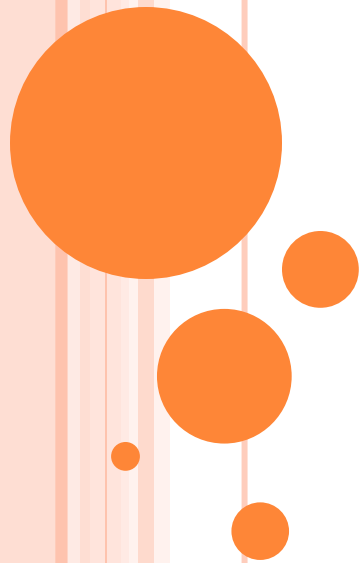


OVERCOMING AN OVERWHELMING LIFE



How many hours will you spend on what?

- Sleep
- House
- Others
- Children
- Husband
- Bible
- Entertainment
- Body
- Travel
- Shopping
- Research

24
hours
in a
day



WHICH ARE YOU?

Overwhelmed

- Defeated by 10am
- Mentally pressured
- Depressed
- Physically stressed
- In chaos
- Short and critical
- Lacking libido

Overcomer

- Excited by the day
- Calm mind
- Happy
- Loose and relaxed
- In control
- Kind and gentle
- Shulamite



WHAT IS YOUR ALTERNATIVE?

- Leave your family
- Go to bed
- Hide
- Get a handmaid
- Suggest polygamy
- Stay miserable
- Let everyone know
- Blame God
- Love your family
- Get up earlier
- Embrace your life
- Use witty inventions
- Adore your man
- Change your attitude
- Pray
- Thank God for your life



Fearfulness and trembling are come upon
me, and horror hath **overwhelmed**
me. And I said, Oh that I had wings like a
dove! for then would I fly away, and be at
rest.

PSALM 55:5-6



AM I OVERWHELMED?

- Do I actually do more than others?
- Am I exhausted physically or mentally?
- How is my relationship with God?
- Are there other issues bothering me?
- Am I content with my role?
- Am I bitter with my husband?
- What would I do if I had more time?
- Do my children think I am happy?
- Do I just complain too much?
- Do I deserve help?





Give
Help

Get
Help

CIRCUMSTANCES

- Husbands
- Personality
- Age
- Number of children
- Priorities
- Likes /dislikes
- Abilities
- Money
- Homes





I CAN'T
DO
THIS
ANY
MORE
!!!!!!!



YOU CAN BE CRAZY BUSY WITHOUT BEING OVERWHELMED!

Definition sad powerless stupefied frozen
mentally-paralyzed unable-to-function worthless
emotional-exhaustion helpless hopeless feeling-
of-drowning resentful crushed smothered
cast down and destroyed

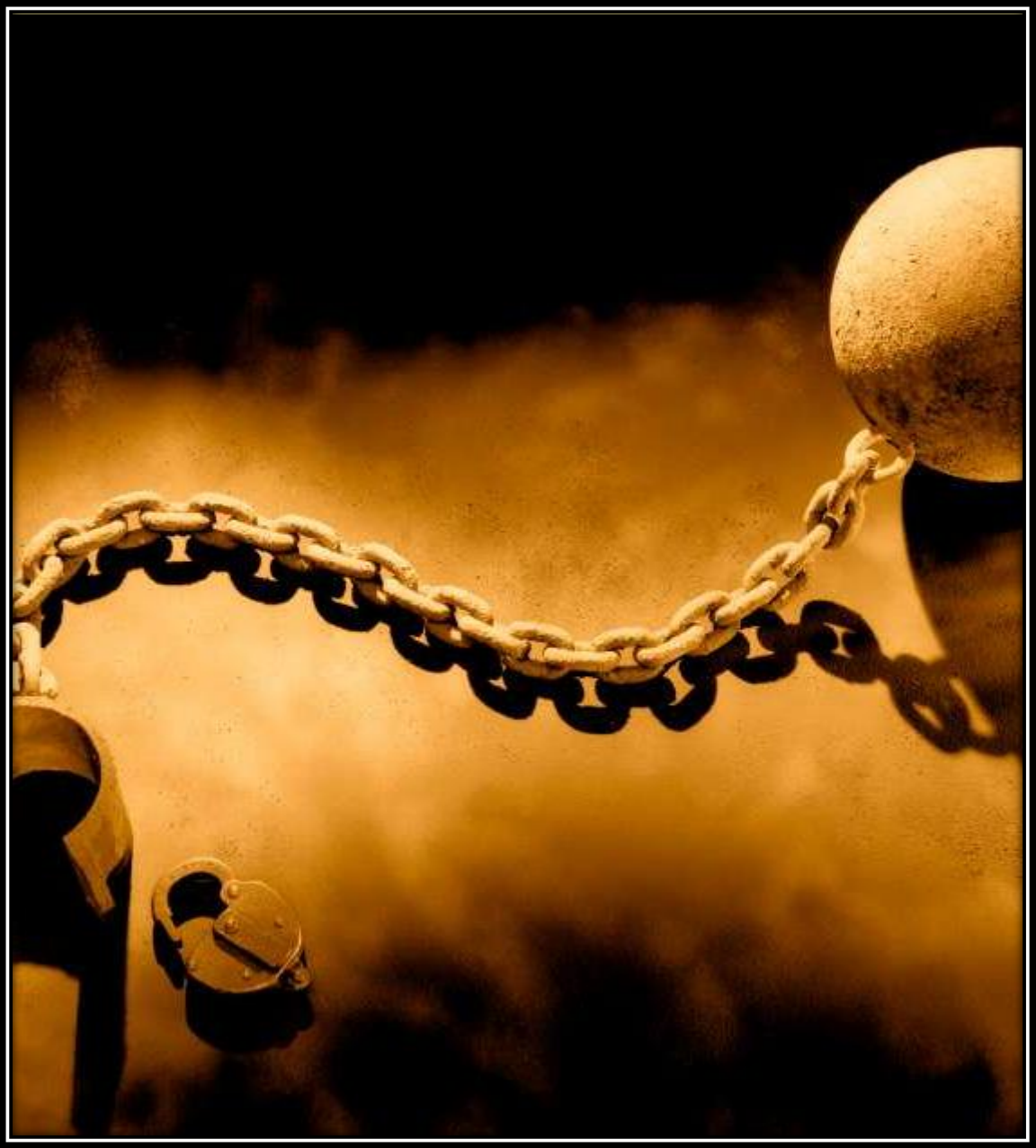
GOD ONLY EXPECTS US TO USE WHAT WE HAVE FOR THIS SEASON





ATTITUDE





Come unto me,
all ye that
labour and are
heavy laden,
and I will give
you rest. Take
my yoke upon
you, and learn
of me; for I am
mEEK and
lowly in heart:
and ye shall
find rest unto
your souls. For
my yoke is
easy, and my
burden is light.

Matt 11:23



CONTROL YOUR DAYS

Every man also to whom God hath given riches and wealth, and hath given him power to eat thereof, and to take his portion, and to rejoice in his labour; this is the gift of God.

Ecclesiastes 3:13



MAKE A LIST

- What do I do daily?
- What do I do weekly?
- What do I do monthly?
- What can I eliminate?
- What do I spend the most time on?
- What can I combine?
- What causes me the most pressure?



PLANNING IS EVERYTHING

- Use a calendar.
- Combine travel.
- Trade kids.
- Get up.
- Multi-task.
- Use a planner.



Planning is Essential



**DONE IS
BETTER
THAN
PERFECT**



IDEAS

- Make multiply meals at a time.
- Do repetitive things less often.
- Start laundry every morning.
- Ask others for time tricks.
- Do not overbook.



- Learn to say “no.”
- Use KISS- Keep. It. Simple. Silly
- Have plan B..C...& D. ready.
- Plan for a crazy day (freezer meal).
- Finish your projects.
- Let the family know your plans



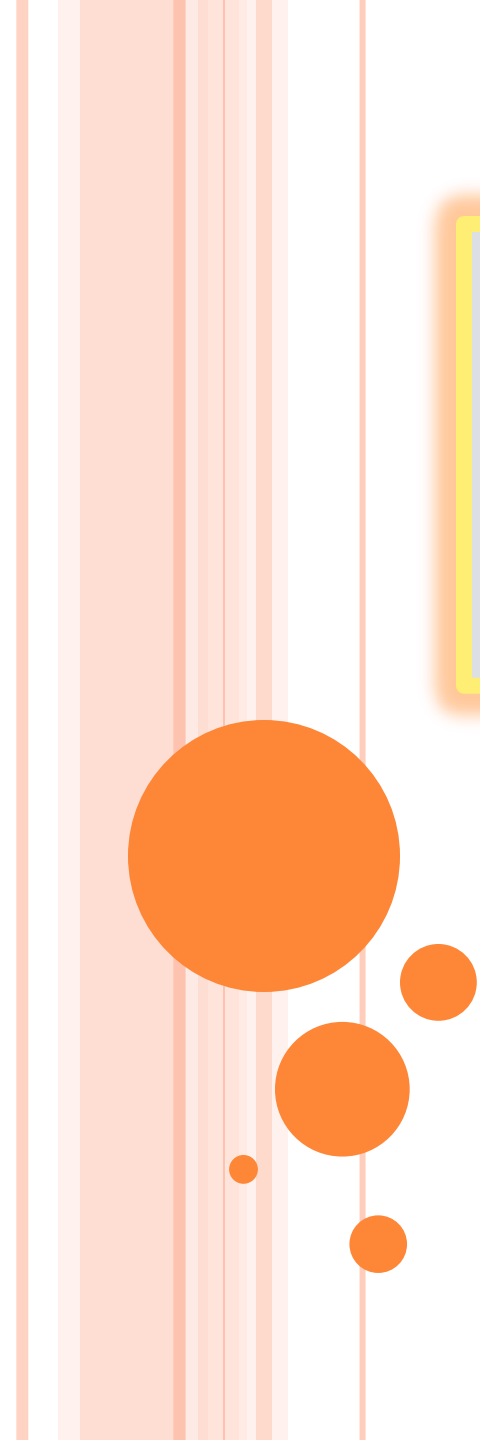
- If it isn't broke don't fix it.
- Stay home more.
- Set a time limit on everything.
- Build an excellent machine.
- Be consistent in your schedule.





*Wash on Monday,
Iron on Tuesday,
Mend on Wednesday,
Churn on Thursday,
Clean on Friday,
Bake on Saturday,
Rest on Sunday.*





FOR I THE LORD THY GOD WILL HOLD
THY RIGHT HAND, SAYING UNTO THEE,
FEAR NOT; I WILL HELP THEE. ISAIAH 41:13

You can do this !!!



CONTROL YOUR CHILDREN



O
V
E
R
W
H
E
L
M
I
N
G



- Children should be trained as an asset.
- Their life should revolve around yours.
- It is ok not to “GO”.
- Give focused attention for a limited time.
- Do not give into their whims.
- Limit clothes and toys.
- Stop noise.



- Say NO !!
- Teach them patience.
- Teach them self-discipline.
- Quiet time for sanity.
- Have plain rules.
- Set a playtime.
- Set a timer.



- Stretch their attention spans.
- Teach them what “do not disturb” means.
- Make it easy for them to clean up-
self and room.
- A place for every, limited, thing.
- Train children to occupy themselves.







- Use babysitting boundaries.
- Consider a uniform idea.
- Color coded towels.
- Plan their day with a chart.
- One thing at a time only.
- Chores build character.



MY DAILY CHORES

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Make My Bed							
Help With Laundry							
Vacuum or Mop The Floor							
Put Dishes Away							
Clean Up My Toys							
Brush My Teeth							



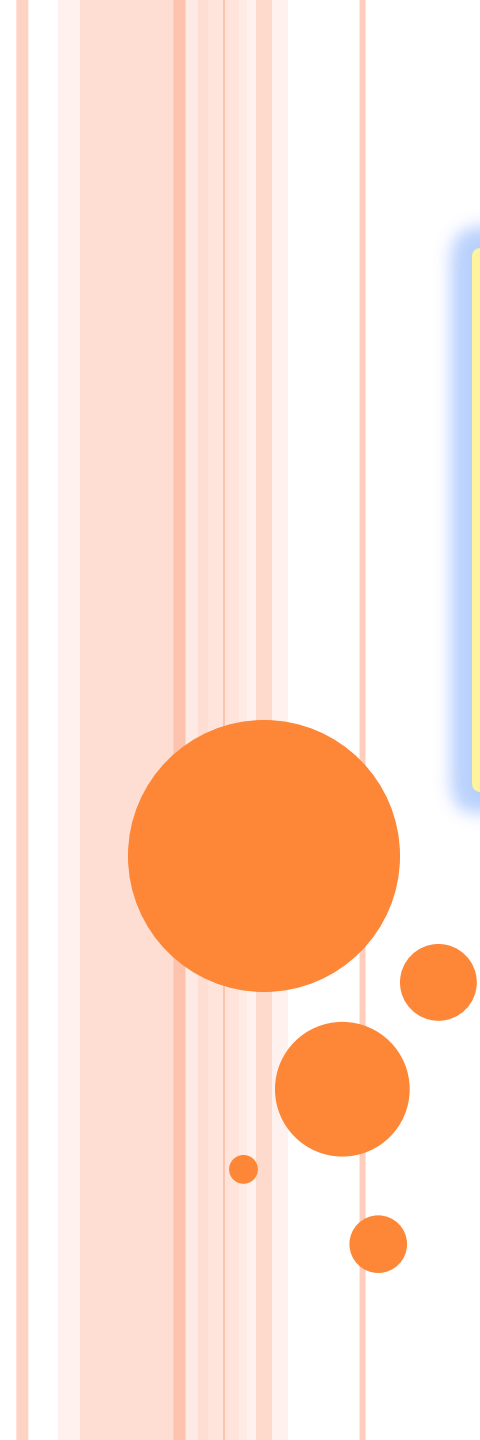
I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully

1 Timothy 5:14





CONTROL YOUR SURROUNDINGS



**BE YE STRONG THEREFORE, AND LET
NOT YOUR HANDS BE WEAK: FOR
YOUR WORK SHALL BE REWARDED.**

2 CHRO. 15:7

- Limit stuff –
cleaning supplies, clothes, toys,
trinkets, boxes, memories.
- Have a place for everything.
- If it doesn't fit, you don't need it.
- Keep a running shopping list.



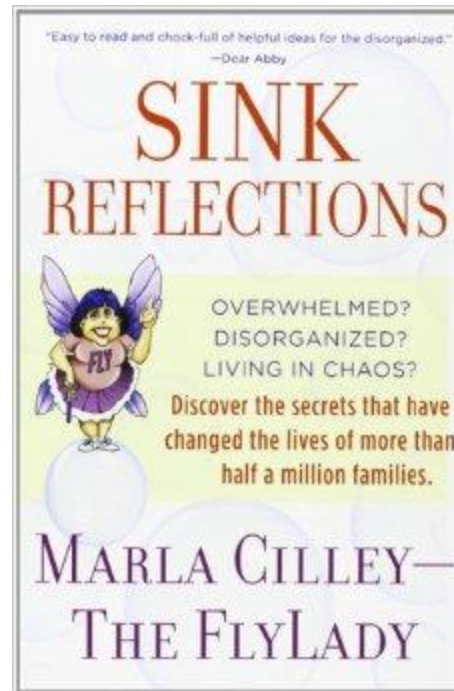
- Control noise.
- Stay ahead.
- Memories can be digital.
- Throw away.
- Needs vs. wants.
- Train your kids to help.





- Looking for things wastes time.
- Organize rooms for easy cleaned.
- Try a in/out board.
- Buy easy to use things.
- Clean as you go.
- Think before you say “yes”.





EARLY MORNING REMINDERS

1. Rise and shine

Make your bed
Shower and surface clean the bathroom.
Fix your hair and face
Swish the toilet
Grab a load of laundry and get it going.

2. The kitchen


Empty the Dishwasher.
Fix Breakfast
Feed the critters

3. Think about your day

Check your calendar
Make your to-do list
Think about dinner
Double check your finances.
Move clothes to the dryer.
Check for clutter and put out any fires in the hot spots.

4. Now think about yourself

Take vitamins or medications
Eat breakfast, if you haven't already
Check email, blogs and other correspondence. {Set a timer}



I realize this may seem like a lot, but if you do your "Before-Bed Routine," this part is a piece of cake. All you are really doing is getting dressed, sprucing up the bathroom, going into the kitchen, and taking care of yourself! — Tig-Lady!

BEFORE BED REMINDERS

1. Pick up around the house:

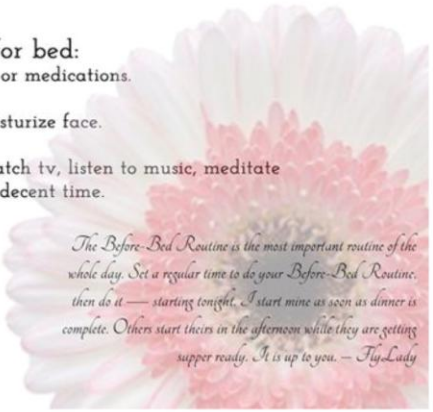
Living room
Kitchen
Dining room/entrance

2. Plan for Tomorrow:

Check Calendar
Gather up things needed for the morning and put them in a visible spot.
Mentally plan breakfast.
Pack lunches if needed.
Pre-prepare for tomorrow night's dinner if possible.
Plan clothes for tomorrow: Laundry, iron or mend if needed.

3. Get ready for bed:

Take vitamins or medications.
Brush teeth.
Wash and moisturize face.
Put on PJs.
Relax: read, watch tv, listen to music, meditate
Go to bed at a decent time.



The Before-Bed Routine is the most important routine of the whole day. Set a regular time to do your Before-Bed Routine, then do it — starting tonight. I start mine as soon as dinner is complete. Others start theirs in the afternoon while they are getting supper ready. It is up to you. — Tig-Lady



- Rule of thumb ~Never more than 2
- Let go of things.
- Allow talking only in turn.
- Limit activity.
- Keep a routine.
- Be realistic about time.
- Stop texting.





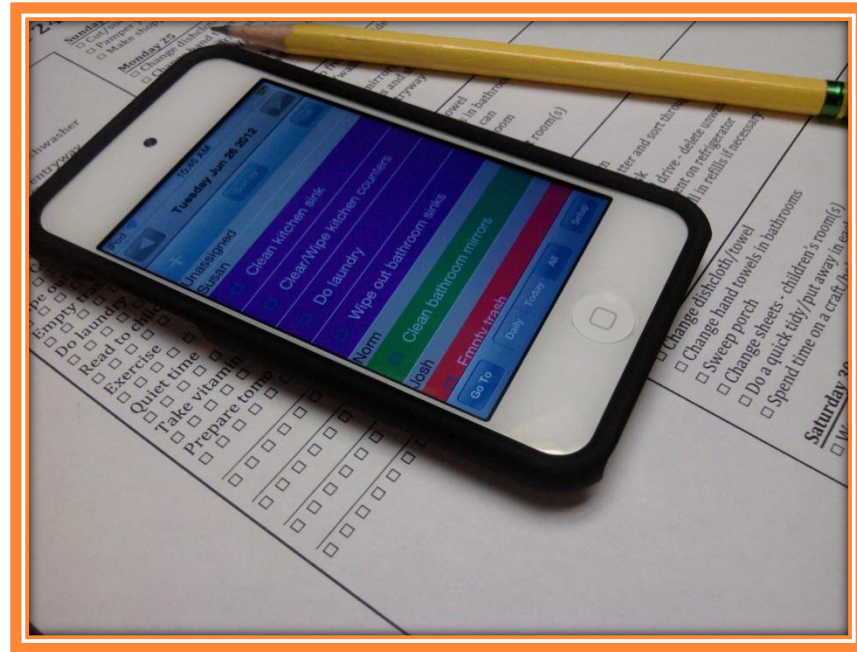
motivated moms

A house cleaning schedule
app

-review by treasuringlifblesings.com



The image displays three screenshots of the 'motivated moms' app. The left screenshot shows a task list for 'Tuesday, July 26, 2012' with tasks like 'Empty refrigerator contents and place inside around efficiently'. The middle screenshot shows a calendar view with a red dot indicating a task for Tuesday. The right screenshot shows a list of tasks with checkboxes, including 'Clean all light switches', 'Clean bathroom mirror', and 'Clean glass - mirror bathroom'.





CONTROL YOUR THOUGHTS

1 Peter 1:13

Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;



- Husbands decide your priorities.
- You can not fix everything for everyone
- Your family comes before yourself.
- You can do everything you need to.
- The grass is not greener over the fence.



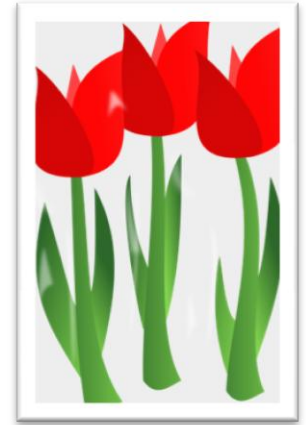


Don't
think
too much.

you'll create a
problem that
wasn't even there
in the first place.

- This is a season, embrace it !!
- What are my inputs? Encouraging or discouraging?
- Finish your projects.
- Guard Pinterest type things.
- Make decisions faster.





- Don't listen to Satan.
- Turn off your brain.
- The virtuous woman is possible.
- The world is not depending on you.
- Do not complicate things.





Bologna
or
Steak?



- Pray for help in guarding thoughts.
- Recognize the problem.
- Don't live in a rush continually.(overcommitting)
- Start thanking instead of thinking.
- You can not think black into white.





CONTROL YOUR EMOTIONS



Is this
what
your
kids
think
you
look
like ?



Therefore is my spirit
overwhelmed within me; my
heart within me is desolate.

PSALM 143:4



- Tears waste time.
- Anger wastes energy.
- Self-pity can be sin.
- Husbands are overwhelmed too.
- Children are not a burden.



- Virtuous women don't have bad days.
- Periods are no excuses.
- Don't blame others if you are overwhelmed.
- Start over every day.
- Do not allow bitterness to creep in.



- Require quiet time for the kids.
- Do not set unrealistic goals.
- Household noise should be monitored.
- Do not allow everyone to pull you.
- Start fresh everyday.



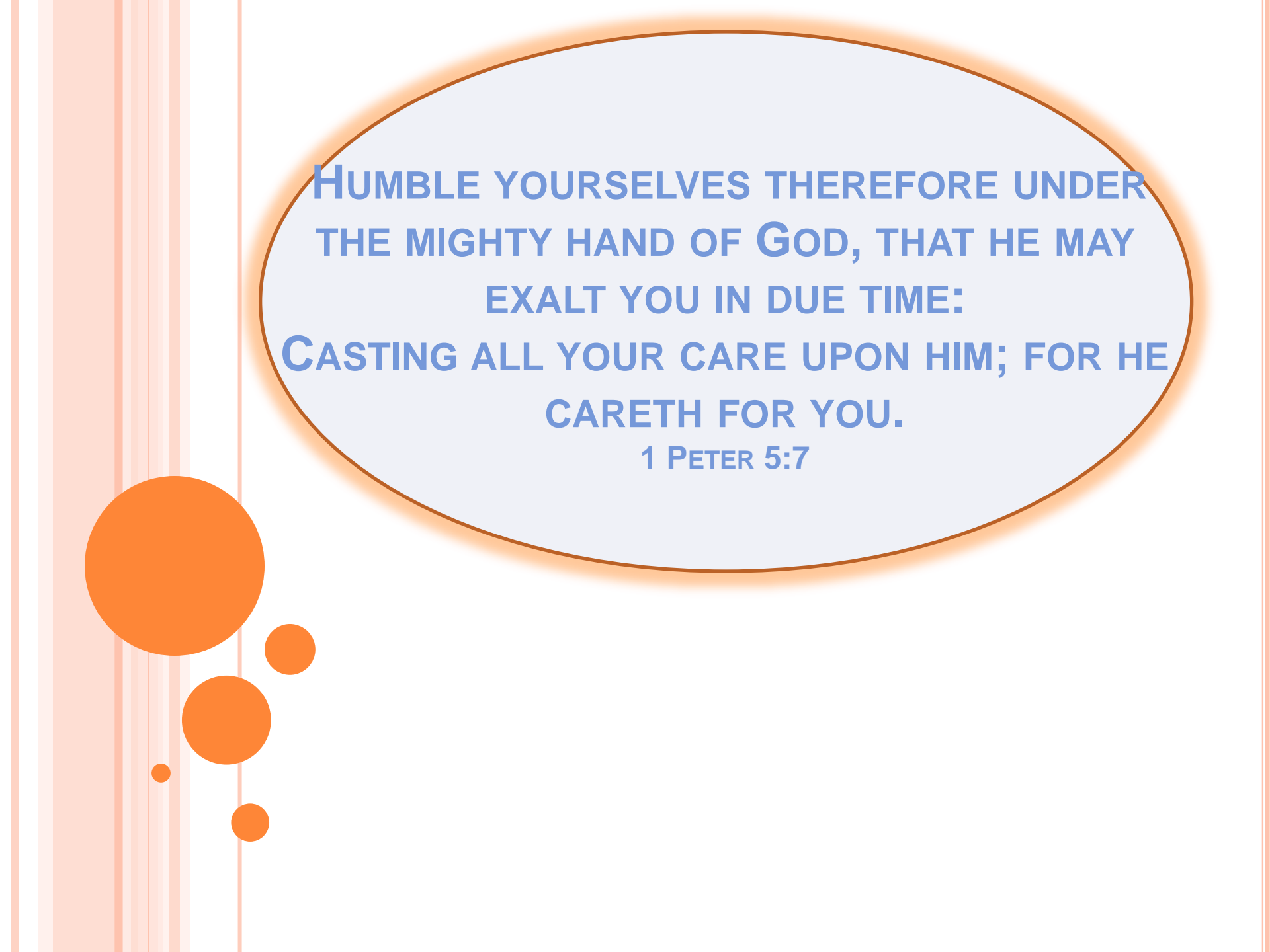
- You can not erase hurtful words.
- Willingly give up things.
- Change with the seasons of life.
- Be realistic about sleep.
- Exercise often helps.





Don't
over
think
things





**HUMBLE YOURSELVES THEREFORE UNDER
THE MIGHTY HAND OF GOD, THAT HE MAY
EXALT YOU IN DUE TIME:
CASTING ALL YOUR CARE UPON HIM; FOR HE
CARETH FOR YOU.**

1 PETER 5:7

A decorative vertical bar on the left side of the slide, featuring a gradient from dark blue to light blue and several orange circles of varying sizes. The text "CONTROL YOUR MOMENTS" is centered on the right side of the slide in a bold, yellow, sans-serif font.

CONTROL YOUR MOMENTS

Fear thou not; for I am with thee: be not dismayed; for
I am thy God: I will strengthen thee; yea, I will help
thee; yea, I will uphold thee with the right hand of my
righteousness. Isa 41:10



- Set a timer to limit tasks
- Turn off your phone.
- Do not waste minutes.
- Small tasks take small windows.
- Share meal prep for entertaining.
- Multi-task.



- Plan for multi-tasking.(notes,reading,)
- Walk away for a pleasant break.
- God can multiply your efforts.
- Be realistic about timing things.



LEARN TO LIVE BY A CALENDAR

Calendar Today < > Feb 27 - Mar 2, 2012 Day Week Month 5 Days Agenda More -

CREATE ▾

Mon 2/27 Tue 2/28 Wed 2/29 Thu 3/1 Fri 3/2

▼ March 2012 < > PST

Time	Mon 2/27	Tue 2/28	Wed 2/29	Thu 3/1	Fri 3/2
8am		7:30 - 8:30 Pilates		8 - 9 Run with [Name]	8:30 - 9:30 Meet with [Name]
9am	8:30 - 10 Strategy w/ Megan	9 - 10 Customer call	9 - 10:30 Prep for Smith meeting	9:30 - 11 Meet w/ Andrew	9:30 - 9:50 Meet with [Name]
10am		10 - 11 Team Meetin	10:30 - 11 Client call	10:30 - 11 Meet with Andrew	10:30 - 11:30 Kyle performs review
11am	11 - 12p Conference prep	11:20 - 1 Lunch w Andrew Isabella		11:30 - 1p Online seminar	10:30 - 11:30 Kyle performance
12pm	12p - 1p Team lunch	11:30 - 11:30 Lunch w Andrew & Isabella	12p - 1p Lunch with [Name]	12p - 1p Gym	12:30p - 1:30p Lunch with Peter
1pm					
2pm	2p - 3p Weekly planning	2p - 2p Star [Name]	2p - 5p Smith Group	1:30p - 3:50p Prep for present	
3pm		2 - 2 Star [Name]	2p - 5p Smith Group meeting	2p - 5p Dr's appointment	2:30p Plan g mee
4pm	4p - 6p busy	3:30p - 4:30p Drive meeting			2:30p Plan g mee
5pm		4p - 6p busy			2:30p Plan g mee
6pm		5p - 6p Dance class			2:30p Plan g mee

My calendars

- Abby Andersen
- Beatrice Adams
- Tasks
- Team - Vacation/Travel

Other calendars

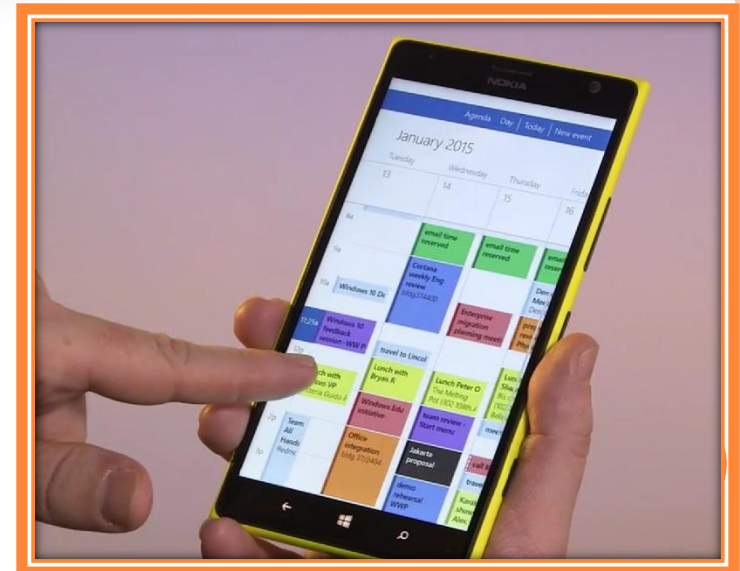
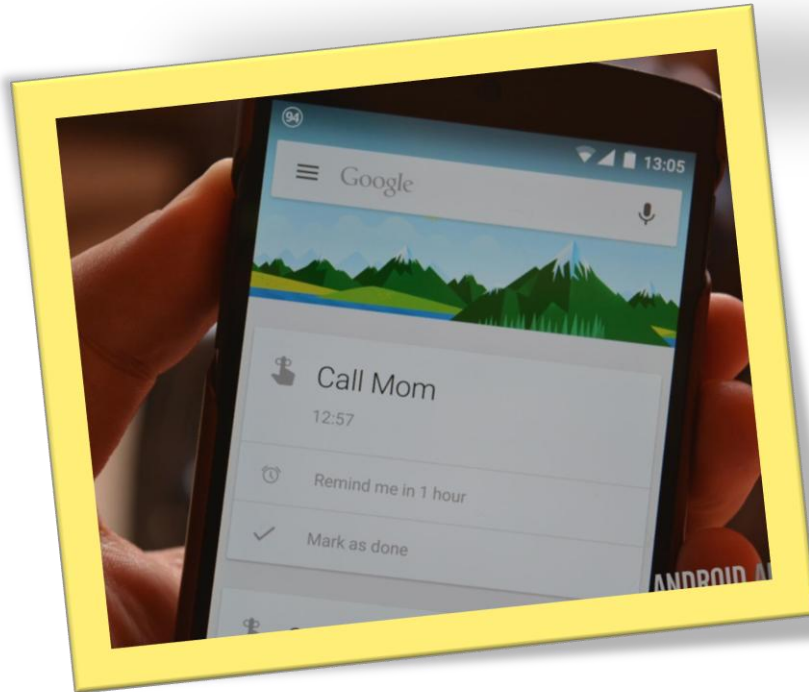
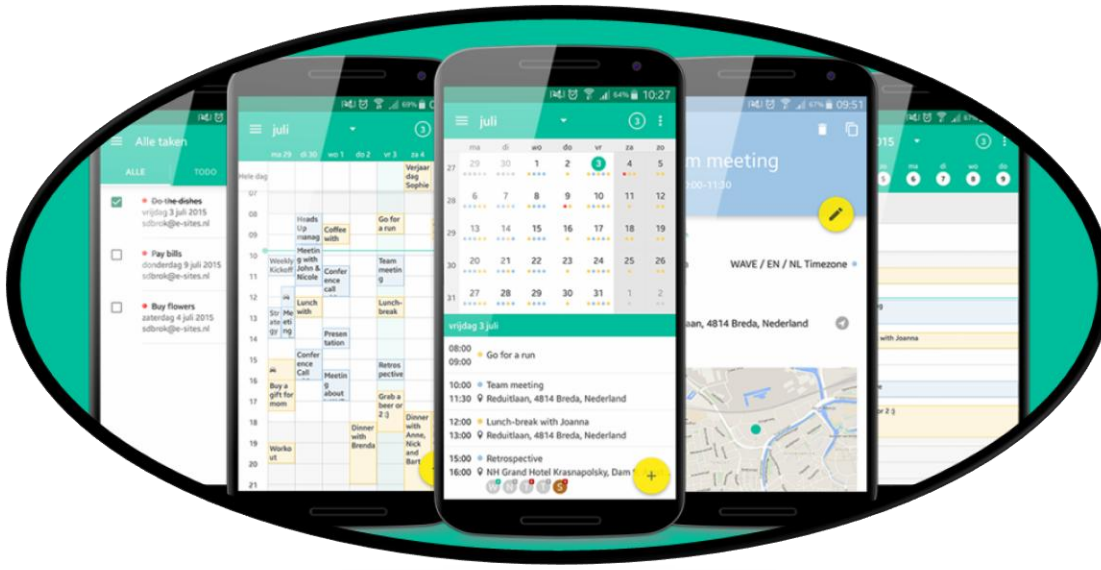
- Andrew Crispin
- Isabella Moretti
- Kyle Kats
- Mary Appleby



- Do not overthink things.
- Have a back up plan.
- Use convenience things when possible.
- 10 minutes lost can hurt your day.
- Stop texting.



There
is an
app for
that !



- Perfect isn't necessary.
- Don't go to 9 places for one thing.
- Social media can steal your minutes.
- Use car time.
- Learn to excuse yourself.
- Use self-discipline continually.





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- Do not assume their answer.
- Ask for their priorities.
- Use an Abigail letter to explain your day.
- Ask them to review your plans weekly.
- Ask for a demonstration.



- Go on a shopping date.
- Make a visible list.
- Keep a kitchen calendar.
- Helpers can not be overwhelmed.
- Husbands determine quitting time.

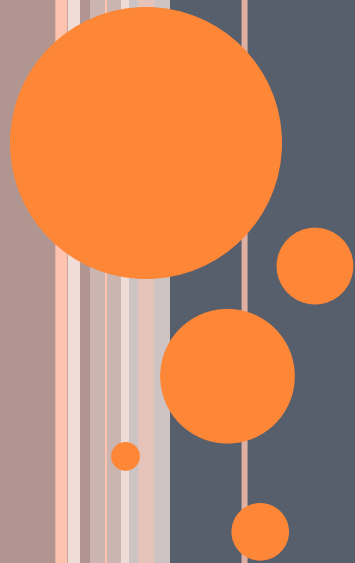


- Wives do not get call out days.
- Communication is imperative.
- Excuses won't impress God.
- He is the most important in your life.
- Your husband deserves a doting wife.
- Happiness is a choice.





**MORE
UNDERWHELMING
THINGS**



For thou art my lamp, O LORD: and the LORD will
lighten my darkness.

For by thee I have run through a troop: by my God have I
leaped over a wall.

2 Samuel 22:29,30



- Rotate shopping with kids.
- Entertain at regular but less often intervals.
- Spread your time with sisters at church.
- Simplify events.
- Analyze your aggravation.
- Be teachable.
- Do not put up a front.
- Just say **NOOOOOOOO!!!!!!**



HOW MANY ARE 35 OR OLDER?



Don't waste the
days God has
given you.

So teach us to number our
days, that we may apply our
hearts unto wisdom.

PSALM 90:12





How Do
They Do
It ?





*Our Virtuous Woman
is not Overwhelmed by
her Life!*



WHAT WE DO NOT KNOW:

- How old she was.
- How many children she had.
- How she taught them to read.
- How big her house was.
- How long she had been married.
- What her husband's occupation was.
- What her hobbies were.



THE VIRTUOUS WOMAN

The heart of her husband doth safely trust in her, so that he shall have no need of spoil.

- He is not worried she is about to fall apart.
- He is trusting her to handle it.
- He does not text instructions for everything.



She will do him good and
not evil all the days of her
life

- She gets her honey-do list done.
- She doesn't complain about her life.



She seeketh wool, and
flax, and worketh willingly
with her hands

- Her attitude is working willingly.
- She is looking for the next task.
- Her hands are always busy.



She is like the merchants'
ships; she bringeth her
food from afar

- She plans ahead. She is ready and not panicking when its mealtime.
- Her pantry is well stocked and efficient.



She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.

- She is up first.
- She gets up early.
- She begins work immediately.
- She makes breakfast.
- She can delegate.



She considereth a field,
and buyeth it: with the
fruit of her hands she
planteth a vineyard.



- She has a long term plan and executes it.
- She lays out the necessary steps in order.
- She gets dirty.



She girdeth her loins with strength, and strengtheneth her arms.

- She is a strong woman.
- She sweats.
- Physical labor does not bother her.
- She knows how to use a hammer.



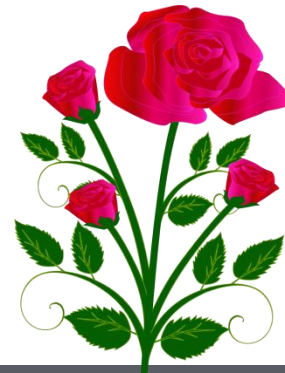
She perceiveth that her merchandise is good: her candle goeth not out by night.

- She is confident.
- She works late.
- She doesn't collapse after dinner.
- She is both a morning & evening person.



She layeth her hands to
the spindle, and her
hands hold the distaff

- She is busy doing the next job.
- She is not idle.



She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.

- She is a giver not a taker.
- She is selfless.
- She stays in her budget.



She is not afraid of the snow for her household: for all her household are clothed with scarlet.

- She thinks ahead so she doesn't get caught unprepared.
- Her family is clothed beautifully and appropriately because she planned.
- She switched the seasonal clothing.



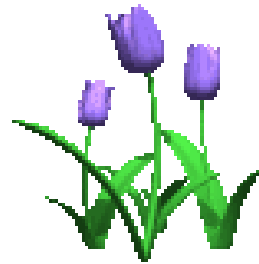
She maketh herself coverings of tapestry; her clothing is silk and purple.

- She still has time for Pinterest.
- She puts herself on the planner.
- She is enjoying life.
- She is creative.



Her husband is known in the gates, when he sitteth among the elders of the land.

- Her husband doesn't need to bail out this woman.
- She is not clinging to him.
- She enhances his reputation.



She maketh fine linen,
and selleth it; and
delivereth girdles unto
the merchant.

- She is capable of her own pursuits.
- She is enterprising.
- She knows logistics.
- She meets deadlines.
- She has an Etsy store.



Strength and honour are
her clothing; and she
shall rejoice in time to
come.

- Her reputation is being
in control of things.
- She understands her
season.
- She is not needy.



She openeth her mouth
with wisdom; and in her
tongue is the law of
kindness.



- She speaks calmly.
- She thinks before she speaks.
- She has time to teach.



She looketh well to the ways of her household, and eateth not the bread of idleness.

- She is circumspect.
- She is responsible.
- She is diligent.
- She makes use of the minutes.



Her children arise up,
and call her blessed; her
husband also, and he
praiseth her.

- She is a mother.
- Her children like her.
- She is a wife.
- She does not whine.
- She is an example.



Many daughters have
done virtuously, but thou
excellest them all.

Favour is deceitful, and
beauty is vain: but a
woman that feareth the
LORD, she shall be
praised.

- She does not stop with mediocracy.
- She does not just “get by”.
- She speaks of the Lord.
- She knows her God.



Give her of the fruit of her hands; and let her own works praise her in the gates.

- There are fruits to give.
- She has accomplishments, beyond survival.



TAKE AWAYS

- What can I let go of?
- What can I do faster?
- What can I delegate?
- Can I plan better?
- What can I combine?
- What have I learned?
- Who can advise me?
- Should I communicate with my husband?
- What can I give to God?
- Am I joyful?
- Have I let Satan in?
- Are my goals correct?
- Am I armed with Bible?
- Will I guard my mind?
- Do I trust God's Word?
- What do I need to overcome?





PSALM 61:2

From the end of the earth will I cry
unto thee, when my heart is
overwhelmed: lead me to the rock
that is higher than I.



LORD HELP ME TO:

- Control my days.
- Control my children.
- Control my surroundings.
- Control my thoughts.
- Control my emotions.
- Control my moments.



- Serve my husband.
- Be the virtuous woman.
- Obey the Bible.
- Glorify God.
- And not be overwhelmed.

