



## ServeNoMaster 143: What To Do When You're Feeling Overwhelmed

### Highlights:

[2:43] Self-analyze and try to isolate what is causing the problem.

[3:53] Look at your body first and figure out what's wrong. Spend time working out.

[7:05] Spend time doing things you enjoy like doing activities with your kids like swimming.

[11:31] Organize your projects into those that will give long term money and give short term money.

[14:42] Work on your projects that will give you the rewards you need.

[18:26] If your morale is low, do something to boost it like a pure pleasure activity.

[20:44] Be proactive. Isolate the cause of the stress and deal with it.

[23:32] Don't seek revenge. Just cut out the people or things that cause you stress.

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