

# Catalyst Empowerment Summit



## Manage the Overwhelm: Start Off 2022 with Clarity and Confidence

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**What are contributors to  
your overwhelm these days?**

stress

fear

anxiety

isolation

plans (dreams) cancelled

depression

illness

**sustained fear**

grief

whiplash

**powerlessness**

uncertainty for parents

racial discrimination

**anger & rage**

anti-racism protests

teen suicide

domestic violence

airline/ retail aggression

catastrophic weather events

political instability

# Manage the Overwhelm

Recognize  
Issues are  
Systemic

## What I cannot control

- That my kids unexpectedly have remote days and I can't be with them during their breaks and lunch and the iPad is their babysitter.
- Tickets for airline travel or concerts may have to be cancelled.
- Some days I feel like I'm failing.

## What I can control

- Time with my kids in the evening.
- Taking short trips in the state.
- Buying trip insurance.
- I can be kind to myself.

What I cannot control

What I can control

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Recognize  
Issues are  
Systemic

Clarify Your  
Priorities

Most Important Things	How am I doing? (1-5)	Any shifts I want to make?
• Kids	4	stay present
• My health	3	walk a mile/day; breaks
• Work	4.5	Feeling OK
• Marriage	3	Keep up date nights
• Parents' health	4	May need to clear space
• Living my purpose	5	Keep on keeping on



Most Important Things

How am I doing? (1-5)

Any shifts I want to make?

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How can I stay connected to my priorities?

# Manage the Overwhelm

Recognize  
Issues are  
Systemic

Clarify Your  
Priorities

Find Ways to  
Regulate &  
Fill Battery

Activities that Support Me	How they Support Me
Walking	Calms me
Being present with kids	Joy
Talking with sister	Reduce anger / frustration
Naps / TV binging	Helps with sadness & exhaustion

Activities that Support Me	How they Support Me

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Give  
Yourself a  
Break



**What's the meanest thing you've said to yourself lately?**

**What is something you've accomplished that we can  
celebrate as a group?**

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## Catalyzing Organizational Change

6-week course to level-up your change making  
while minimizing the personal toll creating change can take

Starts March 22<sup>nd</sup>

**We are here to support you!**  
Reach out!

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