

HOW TO OVERCOME STRESS, BURNOUT, AND **OVERWHELM**



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Disclaimer:

This eBook was written by (Diana L. Keeler). I am not a doctor or mental health professional and cannot be held liable for the information written here.

This book is meant to provide information to help you relieve stress, burnout, and overwhelm. For medical assistance, please seek help from a medical or mental health professional.

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Introduction

Stress is something everyone experiences, but when you get into high levels of chronic stress, where it never seems to go away, you are putting your health and wellness at risk. You can worsen your anxiety and depression, have issues in your home life, deal with disruptions at work, and eventually face burnout and overwhelm.

Stress, burnout, and overwhelm are often closely connected. This typically starts with high amounts of stress, which can lead to a wide range of mental and physical side effects. Over time, you can reach the point where you burnout, followed closely by a sense of overwhelm.

Combined, they can wreak havoc on your personal and professional life.

If you feel that you are struggling with stress and burnout, this book is going to help you recognize the signs, and give you all the information you need to get through this phase in your life.

You will learn things such as:

What stress, burnout and overwhelm are.

What role lifestyle factors play.

Changes to make right now to reduce your stress and overwhelm.

Continued daily routine, lifestyle, and natural health remedies for alleviating chronic stress.

Keep reading to learn how to finally take control of your life, reduce your stress, and find happiness.