WHEN EXPERIENCING OVERWHELM & TRAUMA

- loneliness/isolation/strained relationships
- feeling helpless, hopeless & that one can never do enough
- hypervigilance & always serious
- anger and cynicism
- guilt/fear/complicated grieving
- lack of awe
- sense of persecution
- fight/flight/immobility response
- dissociative moments
- inability to see options & diminished creativity
- physical ailments, depression, anxiety, & other mental health considerations
- chronic exhaustion & saturated nervous system
- pulled toward confirmation bias & away from critical thinking
- lack of presence/deliberate avoidance/cognitive overload
- intense/rigid/controlling/unable to embrace complexity
- disheartened & dispirited
- grandiosity
- negativity bias & not assuming well
- difficulty empathizing/minimizing/numbing
- sub-impeccable/toxic conduct & compromised impulse control
- addictions