4 Signs You Could Be Overwhelmed

"Ugh, these headaches just keep getting worse", "Why do I feel like I'm all over the place?", "Wait, why did I come to this room? What am I forgetting?"

Do you often experience multiple feelings together and you can't control them? If so, chances are you could be feeling overwhelmed emotionally and it's okay.

Since the pandemic onset, nearly **62%** of people feel overwhelmed and it led to stress, anxiety, loss of appetite and constant worrying, as per a 2021 study.

So before that "Sigh! I feel too much at once" begins to affect your life, how about you take a pause and check these signs?

"I'm unable to focus"
Lowered concentration and increased apathy can be a result of overwhelming thoughts. This also increases the stress hormone, cortisol levels, which as per doctors, affects memory.


"Falling asleep is a tough task"
A study showed that 93% of Indians suffer from sleep deprivation due to stress. If you find yourself ruminating over thoughts during sleep time, it can be another sign.

"This is not how I usually behave"
Feeling moody, irritable, and withdrawn could be a sign of you feeling emotionally drained due to overwhelming emotions felt throughout the day, as per experts.
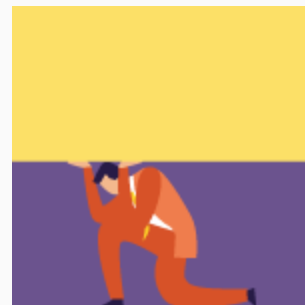
"I'm good for nothing"
Being overly self-critical, self-judgmental and having increased negative self-talk is a sign of internalizing the feeling of being overwhelmed as per psychologists.

With work, family and personal needs, feeling overwhelmed can be inevitable. But, as long as you keep a tab on signs and find the root cause of the overwhelming emotions, prevention becomes easy.

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