



***Transforming Anxiety* Group Reading Guide**

Dr. Kathryn (Kate) E. Patten

Chapter 7: Managing Overwhelm

1. What is “resilience”? (p. 110)
2. What happens to the brain when I feel overwhelmed?
3. What are the overwhelm tools? (p. 110)
4. What are my symptoms of feeling overwhelmed? (see the list on p. 112)
5. What are the common causes of being overwhelmed (pp. 113-118)?
6. What are some things that make me feel overwhelmed?
7. What are my signals that I am overwhelmed?
8. How can I release myself from feeling overwhelmed?
9. How can I protect my children from information overload?
10. How can I protect myself from feeling overwhelmed?