

## **Your Points to Ponder**

### **Effective Ways to Deal with Overwhelm - P2P Quick Communicate #18**

**"Each side of our brain can succumb to overwhelm.  
And there are two distinctly different ways to overcome overwhelm."**

Your left brain is your logical brain, your analytical and logical thought, along with your math and science skills reside here. Your left brain works most efficiently when it is naming and categorizing, or when dealing with the 3 R's [reading, writing, arithmetic]. Information is managed in sequential manner.

Your right brain is your creative brain, your intuition, creativity and art and music sensors come from this side. Your right brain whirls when it encounters opportunities to use imagination and non-verbal information. Information does not have to be in any sort of pattern.

When you are left-brained overwhelmed [too much work to do in too little time], you are spinning in a logical quagmire. The best thing to do is to unleash your creative side: color [outside the lines], sing, dance, exercise .... any activity that you don't really have to 'think' to do.

When you are right-brained overwhelmed, review multiplication tables in your head! That'll quickly get your left brain engaged so your right brain can take a breather.

Since the last 'quiz' went over so well, next newsletter will include another little 'quiz'. Thanks to all that participated and sent me their results ... overall everyone did very well!

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Shari is the only speaker and consultant that combines communication styles, personality behaviors, emotional intelligence and your mind. She works with executives and teams to resolve conflicts and build a more cohesive group. If your team is not "playing nice in the company sandbox", give Shari a call!

**Contact Shari, 281.992.4136, to speak to your department, organization, group or conference.**

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