

# QC0040SN - How to Overcome When You're Overwhelmed

If you're feeling overwhelmed today, you're not alone. The Mental Health Foundation, in the UK, did a study in 2018 and found that 74% of people had felt so stressed that they had been overwhelmed or unable to cope. AND THIS STUDY WAS PRE-PANDEMIC!

In this episode of Quick Counsel, we'll share 3 simple steps that will help you overcome when you're overwhelmed. And you may be surprised where we found the steps!

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