

The Way Life Unfolds

with

Dr. Karina Felix PhD



Self-Empowerment | Self-Mastery | Self-Healing | Self-Confidence

EPISODE 2

How to Shift Your Mindset from Overwhelm to Focus in 3 Steps.

Hi, Dr. Karina Felix here. Host of The Way Life Unfolds podcast. The end of a year can sometimes be a weird time. You are caught up with the holiday festivities and to-do lists of gifts, food, family gatherings, etc.

I remember in my early childhood days, the holidays were “holidays.” If you didn’t get your gift and grocery items before noon on Christmas Eve, you would be out of luck because everything would be closed for the next few days. Everyone took the holidays seriously.

I feel that because of that, we were actually able to focus on the holidays as a break, a time to focus our attention on home, decorating, celebrating, and visiting friends, families, and neighbors.

There was a sense of ease and peace. Your only concern was having enough food, drinks, and cake for your unexpected guests when they showed up at your door. The same thing happens for New Year’s. There was a lull in time during which we rested, enjoyed the magic of Christmas, and contemplated the end of one year into the beginning of the next.

But the world we live in now takes a break for nothing. There is no downtime and rest. It’s all go go go, do do do, and this creates overwhelm right up to the end of the year and opens up a New Year with even more anxiety and stress.

Social media is filled with Calls to action to move, move, move—there is no time to sit still. And for what? What’s the real goal here? Who benefits from this military-style push-do-or-die guilt being shoved in our faces?

I get it. Life continues. Business must thrive. Money should be flowing. But what if we could do it all more easily and comfortably without creating more anxiety, drama, and stress?

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Society has always thrived, no matter what is going on in the world. It's not about the rush. It's not about feeling left behind. It's not even about keeping up with Jones.

It's time to get it done on your time, within your time limit, without losing the most important part of our lives: our sense of well-being, our sense of ease and peace, and our understanding of how the universal laws always conspire to give us what we want if we only know what we want.

I want you to think about how you spent the last two weeks. What did you do? When did you rest? How much did you enjoy the festivities? Did you even stay awake to see the New Year fireworks with family and friends?

Wouldn't it be nice if we all slowed down for those two weeks? We get caught in that limbo between deciding to stick to work and engage in business or to take a break and call a friend and chat for hours, to enjoy the nostalgia of old Christmas feel-good movies.

In a year when I personally suffered two major losses, I had to acknowledge that they would not celebrate another Christmas with us or see another year open. So this time around, I chose to be still and present. I made a decision not to work, worry about work, or be concerned about 2025. It is coming with or without my fears, anxiety, and stress.

If your goal is to have a happy new year and a prosperous and abundant 2025, I urge you to come to a full stop and Focus on these 3 Steps to alleviate Overwhelm by Shifting Your Mindset.

Step 1: Pause and breathe deeply.

Step 2: Write down what's on your mind. Go deep into what you really want—not money or business, but how you would like to live a stress-free life.

Step 3: Focus on one action you can take now to manifest ease and contentment.

“What is one thing you will focus on today? Please share your thoughts below:

I look forward to reading your reply.

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