

How to get back to balance in a world that feels overwhelming



*A practical guide to understand your mind,
regulate your stress, navigate uncertainty
around AI, and feel more in control of your life*

By Sophie Lorre



Introduction

Lately, I've been noticing a rising level of anxiety and overwhelm, both in my clients and in the conversations I have around me.

Over the past few years, **we've been exposed to a constant stream of uncertainty**. Global conflicts, rising living costs, economic pressure, and now the rapid acceleration of artificial intelligence, raising very real questions about the future of work. If your role is done on a laptop, you may have caught yourself wondering: Will I still have a job in a few years? Will my role still exist? Will I still be needed?

Alongside this, **the everyday pressures haven't gone anywhere**. Deadlines, expectations, performance, office politics and the constant mental load of trying to keep everything together. It's not just one thing. It's the accumulation of all of it.

If you've been feeling more anxious, more tired or more overwhelmed than usual, you are not imagining it. You are not alone; many are feeling this too. What I want you to know is this: **It's not your fault; you are responding to a world that feels uncertain**.

And while you may not be able to control what is happening around you, you can **learn how to take back control of what is happening within you**.

This guide is here to help you do exactly that.



About the author



Sophie Lorre is an **Accredited Empowerment Coach** and Tony Robbins Mastery University graduate, based in Sydney. She integrates Neuro Linguistic Programming informed tools, emotional resilience strategies and practical mindset coaching to support women's wellbeing.

After a few years in corporate, Sophie found herself **high-functioning on the outside but feeling overwhelmed** and highly stressed. A personal leadership program in 2018 was her turning point, opening her eyes and sparking her self-development journey. Over 13 years across corporates and start-ups, she has built a successful career in marketing and leadership.

Eventually, she chose to answer the pull to support other women and transitioned into life coaching. Today, Sophie is **on a mission to help women who feel the way she once did**. She primarily supports corporate women who feel overwhelmed and drained, to reclaim their time and energy, create balance and lead the life they want.

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A decorative header image featuring a series of overlapping, 3D-style geometric shapes in various shades of teal and light blue, creating a dynamic, angular pattern.

01 Why you feel this way

First, let's start with this: there is nothing wrong with you. Your brain and body are simply responding to uncertainty.

Your nervous system is designed to keep you safe. When something feels unpredictable, uncertain, or out of your control, it activates a stress response to protect you. This response does not distinguish well between physical danger and psychological pressure.

A difficult conversation at work, an unpleasant email, or news about the latest AI technology you aren't using can cause a similar internal reaction to being at risk of being eaten by a tiger.

This is why you might notice increased anxiety, emotional reactivity, or constant mental fatigue.



What many high-performing women experience is not a lack of capability, but a nervous system that has been operating in overdrive for too long.

When you are used to performing, achieving, and pushing through, it becomes easy to ignore the internal signals asking you to slow down.

Over time, if you don't release these stressors, this creates a disconnect and becomes a breeding ground for unhelpful feelings.

The good news is that, while this response is automatic, it is not unchangeable. You can learn how to regulate it and shift how you experience your day-to-day life.

“You can learn how to take back control of what is happening within you.”



02 How your feelings are created

Your experience of the world is shaped not only by what happens, but by how your brain interprets it. Every second, your brain receives an overwhelming amount of input through your five (or six) senses. To avoid overload, it filters the incoming information in three main ways.

- 1 Deletion:** your brain filters out most of the information available and brings your attention only to what you are focusing on.
- 2 Distortion:** your brain changes information based on what you believe is true, to fit with your current story.
- 3 Generalisation:** your brain uses previous experiences to make quick assumptions and predictions about the present.

This is why two people can experience the same situation in completely different ways.



From there, your mind creates meaning through three key elements:

- the **images** you form in your mind
- the **internal dialogue** you have with yourself
- the way you use your body, **your physiology**

These elements work together to create your emotional state. Your state then influences how you think, behave, and respond to situations. In other words, your internal state shapes your external experience.

Understanding this is powerful because it means your experience is not fixed; it is influenced, and therefore it can be changed. In a world where you cannot control everything happening around you, **this is where your power lies.**

Reflection

Think about a time when you felt calm, confident or happy and take a moment to reconnect with that experience.

- What were you telling yourself at the time?
- What were you picturing in your mind?
- How were you holding your body?

These elements created that emotional state. And importantly, they are not random; they can be recreated at any moment, to put you back in a more helpful emotional state.



03

Creating good thoughts

While you cannot control every thought that enters your mind, you can influence the conditions in which those thoughts are created. **Your thoughts are shaped by what you consume, what you focus on, and the state your mind and body are in.**

When your system is overloaded, your thoughts will naturally reflect that. They become more negative, more reactive, and more past or future-focused in a way that creates anxiety rather than clarity.

This is why the goal is not to control every thought, but to create an internal environment where more supportive thoughts can naturally emerge.

Two moments in your day play a particularly important role in shaping this environment:

- **The way you start your day** sets the emotional tone.
- **The way you end your day** determines how much tension you carry forward.

In the morning, your mind is in a more receptive state. Before the demands of the day begin, there is a window where you can intentionally choose how you want to show up. Without intention, this space is quickly filled by urgency, comparison, and external pressure.



With intention, it becomes an opportunity to ground yourself before engaging with the world.

In the evening, your body is looking for signals that it is safe to slow down. If your mind remains overstimulated, your system stays activated, even when you are physically at rest.

Creating small, supportive rituals at the beginning and end of your day is about giving your mind and body the conditions they need to function well. And over time, these small moments create a very different internal experience.

Putting this into practice

For **the first 30 minutes of your morning**, you might try listening to a guided meditation, writing down a few things you are grateful for, reading affirmations and setting an intention for the day, stretching or moving your body, or taking your time drinking a cup of warm water on your balcony.

In **the last 1h of your evening**, you might explore switching off from social media and your phone earlier, mentally listing what you are grateful for today, journaling to release mental load, or a few minutes of deep breathing with the lights dimmed.

This is not another item to add to your to-do list, more a way for you to start and end your day from intention rather than reaction.





04

Directing your focus

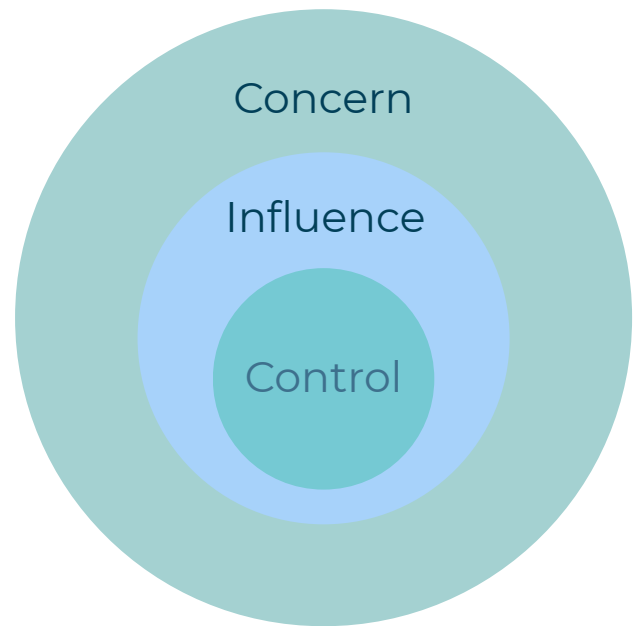
One of the most powerful ways to reduce overwhelm is not by doing more, but by becoming more intentional with where your attention goes. Because attention is not neutral, it directs your energy, your thoughts, and ultimately your emotional state.

When your focus is constantly pulled toward uncertainty, external pressures, and things outside of your control, your energy becomes scattered. Over time, this creates mental fatigue and emotional depletion.



The shift is to gently bring your focus back to the things inside your circle of control.

A helpful way to bring clarity to this is to categorise what you are currently concerned about into three distinct areas: **your circle of control, circle of influence and circle of concern.**



- There are aspects of your life that sit firmly within your control. These include the way you think, the meaning you give to situations, how you respond, and the actions you choose to take. This is where your agency lives.
- There are also areas where you have influence, but not full control. This includes your work, your relationships, and your environment. You can contribute, guide, and influence, but not dictate outcomes.
- And then there are things completely outside of your control, in a circle of concern. Global events, the economy, other people's decisions, and the future. These you have to let go of.

The challenge is that **your mind naturally gravitates toward these external concerns.** The shift is to gently bring your focus back to the things inside your circle of control.





A note on AI and the impact on work

One of the biggest sources of uncertainty (and in the circle of concern) for corporate women right now is the rise of artificial intelligence. **AI is already transforming how work gets done**, particularly in office-based roles, tasks that are repetitive, structured, or process-driven are increasingly being automated. Many companies are actively integrating AI into their workflows, and in some cases, reducing headcount or restructuring teams as a result. This creates a very human response: uncertainty.

At the same time, the skills that are becoming more valuable are those that require human judgment, creativity, emotional intelligence, and decision-making in uncertain situations. So **adapting will not only require a skills shift, but an identity shift**. For years, many of us have built our sense of value around what we produce, how we perform, and how much we deliver, so that baseline is shifting.

The opportunity here is not to compete with AI, but to evolve alongside it, and understand that your value is not only in output. **It is in how you think, how you prioritise, how you make decisions, and how you navigate complexity.**

AI can now make incredible things, but it cannot replace human judgment, emotional intelligence, or the ability to lead, connect, and make meaning. This is where your point of difference will be.



05 Letting go of stress

As I covered in section 1, stress is a natural response. However, in today's world, many of the things triggering stress are not life-threatening, even if your body reacts as if they are. **Your nervous system is wired to protect you, not to distinguish between a real threat and a perceived one.** This is why you can feel overwhelmed by things that, logically, you know are manageable.

The goal is not to eliminate stress (that would be extremely hard), but is to **learn how to regulate your nervous system** so that you can move in and out of stress, rather than staying stuck in it. There are a few key areas that support this process.



Physical foundations

Your body needs consistent support to function well.

Sleep plays a critical role in regulating your hormones, your mood, and your energy levels.

When sleep is compromised, everything else becomes harder.

Nutrition and hydration also have a direct impact on how you feel.

Blood sugar fluctuations, caffeine intake, and dehydration can all contribute to feelings of anxiety or fatigue.

These foundations may seem simple (nothing new here), but they are essential. When these are out of balance, it impacts all areas of your life.

Nervous system regulation

There are also **practices that directly support your nervous system.**

Breathing techniques can help shift your body out of a stress response and into a calmer state. Meditation or guided relaxation allows your mind to slow down and creates space between your thoughts. Gentle practices, such as yoga, going for a massage or a sauna, can help your body release accumulated tension.

They create space between stimulus and response, creating moments of regulation throughout your day.



Lifestyle support

Your environment and lifestyle also play an important role.

Spending time in nature, even briefly, can help your system reset. Bonus point for grounding your feet in the grass or sand. Movement supports both your physical and mental state. Meaningful social connections help regulate your emotions and remind you that you are not alone. Generally slowing down e.g: reading a book, giving yourself space to think, eating your meal with no distractions etc...

Interestingly, these are often the first things we deprioritise when life feels overwhelming, and yet, they are the very things that support us the most.



Reflection

Take a moment to reflect on your current routine. **Which of these areas have you been neglecting recently?**

And more importantly: What is one small change you could bring back into your life this week? Not everything at once, just one you can commit to.

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Conclusion

Through this guide, we have explored: why you feel the way you do, how your internal state is created, how to influence your thoughts and focus, how to regulate stress and support your nervous system.

These are not quick fixes, **they are foundational shifts that will create a meaningful difference over time.** Even small shifts can help you feel less overwhelmed, more in control, and more like yourself again.

If you are reading this and recognising yourself in these experiences, you do not have to navigate it alone. Sometimes, **what makes the biggest difference is having the space to explore what is really going on for you,** with the right support and guidance.



If you're a corporate woman feeling overwhelmed or drained, and you're ready to feel more in control, more clarity, and more like yourself again, **I would love to support you.**

You can book a complimentary discovery session to explore how we could work together.

[Book a complimentary session](#)



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