



EPISODE 13

*9 Tips to Get Over Author Overwhelm*

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Welcome back everyone. Can you believe it's already our fourth Wednesday of 2020? In case you got lost, this is the Author Revolution Podcast and I'm your host, Carissa Andrews. Whew, I don't know about you, but this year has already been a whirlwind. Are you in hyper-overdrive, too? If so, you're in the right place. We can commiserate. Or maybe just pull up our big-author-panties and get on with things. Either way, we're in this together, so consider it a good thing.

So here, the thing...Lately I've been a headless chicken as I prepare for a number of book related things in the author side of my career. I've just had my very first BookBub Deal on my first ever book, Pendomus. (And if you're interested in the results of that deal, I'll fill you in another podcast episode, to stay tuned.) But I'm also diving into what my PA and I are calling the Merciless Month of Freebies in honor of my new book Love is a Merciless God, which launches on February 11th. So we have freebies flying out the door like fireworks - all starting with this BookBub deal and through to the end of February. As you can imagine, there's a lot involved. In addition, I'm a little over halfway done with Secret Legacy, Book 1 of the Windhaven Witches, which will launch in September and because it's a bid deal in my world I'm kinda freaking out. I don't know if you remember, but this is the title I'm trying to hit the NYT/USAT Bestseller lists. But... it also have three more titles all coming in rapid release after it. So, I have my nose to the grindstone and I get those books done.



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Now, if this was the only thing on my plate, it might not be so bad. I also have this beautiful podcast to do, webinars for my courses, and updates and creation to the courses themselves. I'm still working on Rapid Release Roadmap, after all. None of this even touches on my nonprofit organization, The Lakes Area Writers Alliance that I am Board President of—or the 5 kids and 2 crazy huskies I have at home. Or the husband I adore who is always wanting more of my time...

So, when I add on top all of this author publicity stuff many people would pay others to do... it's an additional full-time job. No joke. If you haven't heard me say it before, here it is again: Self-publishing is not for the faint of heart. It takes hard work, devotion, and a \*teenie\* bit of luck. I'm not saying this to scare you off, though. I'm saying it because if I can do it, you can do it. Trust me. However, it's important to take notice when we start to feel a tad bit on the crazy side.

Luckily, I'm starting to come off my crazy train a bit as I get my big projects managed better using a cool new online app called Asana. In fact, I love it so much, I instantly became an Ambassador for the program (which means I can sing their praises and get an affiliate commission if you love it as much as I do and buy a subscription for yourself or company.) It's THAT GOOD. And let me tell you, that was a lengthy process of courses and awesome insights to get there. But so worth it because I have a much better understanding on how to use it and share the news. I might even do a lesson on how it works for authors soon. (Stay tuned!) As you can tell, I highly recommend it if you have big projects on your plate with lots of plates in the air. All spinning. Different directions. Eh, you get the point.

Anyhoo, in order to avoid full-on meltdown, I do have a number of tips for overcoming author overwhelm. Wanna hear them?

## #1 Be mindful.

Whenever I start to feel overwhelmed, it's the first sign I heed as means to be mindful and slow down. Generally, a feeling of overwhelm happens through anxiety. You're anxious for the future, or worried about the past. Taking time to be present, notice your thoughts, your feelings, and your body responses (fast pulse, fast breath, etc.) will help you be more in tune in the moment. Anxiety simply can't exist where presence is. When you're in the moment of right now—it's literally all there is. If this kind of thought is new to you, I encourage you to check out Eckhart Tolle's book, *The Power of Now*. I love that book and it's one that literally changed my life.

## #2 Take a breather.

This was never more true for me as it was the past few days. Nothing was working. Computers were being slow. My internet didn't work. My screen-recorder was screwing up. My time has been cut short. I don't feel as though I'm being as productive as I'd like... and yet, I've forced myself to take a time out. I've walked away from it all, and instead, tuned into my daily workout and meditation practices. I'm loving Deepak Chopra's Ananda meditation app. I can sit down, find a meditation I like, and set it to go for however long I have time for. I've done as little as 5 minutes, and as much as 45 (so far). It's heavenly. I also like the 21 Day Meditation Experience Deepak does with Oprah (which is coincidentally coming up soon). Maybe for you, it's going outside to walk in the woods. Or taking a break for a cup of tea. Listen to music. Whatever it is, get away from whatever's freaking you out. Disengage your brain's fight or flight and de-stress, for god sake!



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### #3 Workout.

I just spoke on this, but I have talked about it a lot. To everyone. Many roll their eyes, but you know what? It's true. Get your burn on with a workout. Science is proving that not only are you improving your cardiovascular system, your muscle conditioning, etc. You're also de-stressing (reducing cortisol levels in the body). Not to mention, you're also spurring on neurogenesis (new brain cell growth) in the brain. Don't believe me? I actually wrote an article for one of my clients on the topic. And I'll post a link to it in the show notes.

### #4 Drink more water.

Again, it may be a health component, but it plays a HUGE roll in the way your body handles stress, manages fat stores, and keeps your brain healthy. And we need that money maker in tip top condition as authors. Amiright? Did you know, statistically speaking, up to 75% of Americans don't get enough water? Yes, I wrote another article about this, too. It'll also be in the show notes. Trust me, I know my stuff when it comes to a better mind and body. I've researched it all. No, it doesn't mean I'm perfect, but I do know what I'm talking about and know when I need to put it into practice if it's been slipping.

### #5 Recap/Reset.

Sometimes we need to see how far we've actually come before we appreciate where we've been. Start by writing down the accomplishments you've made. Even the small ones. I'm really stoked about this new daily planner I've been using called the Full Focus Planner and it puts things into perspective for me when I start spiraling. Not only does it keep me more focused on my big goals, but it makes me stop to celebrate my wins. Which is something I've really struggled doing in the past. But by looking them over, I can refocus on my goals and manage the things that are most important. Everything else can be set aside.



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#### #6 Focus on the joy.

I've said this in other posts throughout my author career, but I can't stress it enough. If something isn't bringing you happiness, why in the world are you doing it? Our lives are far too precious, and far too ethereal to waste on stuff that doesn't matter. Find a way to prioritize what brings you joy and search for the joyousness in aspects of your day you can't avoid. Attitude matters, and when you change your outlook/perspective – you'll be surprised at how easy it is to find joy and focus on it.

#### #7 Avoid alcohol and sodas.

Okay, I'll probably get hate comments over this, but I'm serious. Because I take notice of the way my mind is functioning (Consider it an occupational hazard. If you've read the Pendomus Chronicles, you'll understand.), I've noticed the detrimental impact even a single glass of wine can have on my brain's capabilities the following day. Let me just tell you, it sucks. I want to be as clear-headed and focused as possible because I have too much to do, and too much to say. Alcohol will impede your brain, increase stress levels, not to mention pack on pounds when it metabolizes into fat. (So, sorry guys – avoid the booze if you want to be level-headed and more zen.) Same goes for sodas. The sugar crash, high fructose corn syrup, and other crapola mess with your body in ways we are only beginning to comprehend. Ditch them and see for yourself how much better you think, feel, and even look.

#### #8 Avoid multipassion paralysis.

It's okay to have TONS of interests. I do, obviously. The key here is that you don't want to get to the point where you stop doing anything and freeze. I loved this quote I just read the other day – Perfectionism is the mother of procrastination. So, for those of you Perfectionist Impostors out there, remember, forward momentum is the goal. So many authors, artists, and people in general get stuck when they see the workload... see the to-do list... realize how far they have yet to go. Rather than taking it one step at a time, they GIVE UP! Whaaaaaat? You will never finish anything with that attitude. Everything takes time and I want you to write this down as a reminder, "Transformation is not a future event, it's a present activity."



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Pull up your big girl (boy, whatever) panties and get 'er done! (Hint, if sorting out all the "to-do" helps you with that, this is where Asana comes in handy!)

#9 Narrow your window.

There are literally thousands of things you can be doing at any given time. Narrow your window down to the three most important things you can do in a day, so you don't get overwhelmed. You won't be able to do everything, so start with that joy tip. Next, figure out how much time you will allot your window. Then keep that window open for only book-related activities. You'll be surprised how much an hour a day can really make a difference! Plus, it sure as hell beats the person sitting on the couch, playing Candy Crush and ignoring their book all together. (If that person sounds like you, don't fret - jump back to tip#1 and you're back on track.)

#### BONUS TIP!

We all love bonuses, right? So, this one is for you. For Pete's sake-ASK FOR HELP! If you're truly getting overwhelmed, it's time to reach out and get someone else on board. There are plenty of people you can hire by hopping on to Fiverr, asking your local writer's group, or hopping into your favorite Facebook group for writers. I found my amazing PA, Jenny, in the town I live in, funnily enough. But now that I have her in my clutches, you can bet your bottom dollar, I won't let her go. She has helped me to engage my Facebook groups more, post stuff to social when I couldn't get to it, and even ordered some awesome custom swag! Plus, she is a brainstorming MASTER. I love her to pieces and trust me, once you get a taste of some help, you will feel so much better, too.

Whew, there you go; those are my thoughts on all the ways I personally use to overcome overwhelm. I hope they've been helpful. Stop by our Author Revolution Facebook Group and let me know how you're doing. Is there anything we can help out with?



Next week I'll be going over the results of my first ever BookBub deal so I can let you know what my strategy was and whether or not it worked. So, stay tuned for that.

Don't forget you can find all of the show notes, links to the articles I talked about today, as well as reach out to me online by going to [authorrevolution.org/13](http://authorrevolution.org/13).

Now, whatever you do, keep at your writing goals. Getting caught in overwhelm brings your progress to a screeching halt, and we can't have that. You have too much to do. And so do I... so I better get on with it. Until next time!

Go forth and be awesome.



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