

Overwhelmed by the World!

*Keeping your sanity amid
information overload in 2026*

Dr. Vicki Mackay

Dr. Vicki Mackay is a Chartered Counselling Psychologist and works in private practice. Previously she worked in the NHS and in education, providing therapeutic and consultation services.

Whether in practice or online teaching, one thing remains the same and that is her passion for people. She strongly believes that what unites us is our desire to be known, understood and accepted.

Through therapy, coaching, educating, mentoring or speaking - self awareness is at the heart of everything she does and offers to those she serves.

Dr. Vicki Mackay



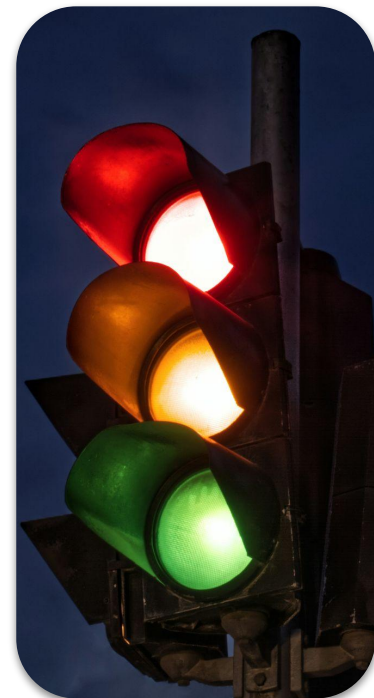
Today's Agenda

- Brief Introduction
- How to identify what's draining you
- How to manage stimuli overload
- Balancing empathy and self-care
- Healthy coping strategies
- Wrap-Up & Q&A



What's draining you?

- Take a **snapshot** of your week.
- **Separate tasks** into a traffic light system:
 - **Red** (burdensome, tiring, want to avoid, creates anxiety).
 - **Amber** (previously enjoyable task, takes up some effort, provides sense of accomplishment).
 - **Green** (energising, fun, effortless).
- Look at how you can **balance** these out in a way that makes sense to you.
- **Radically accept** what can't be changed.

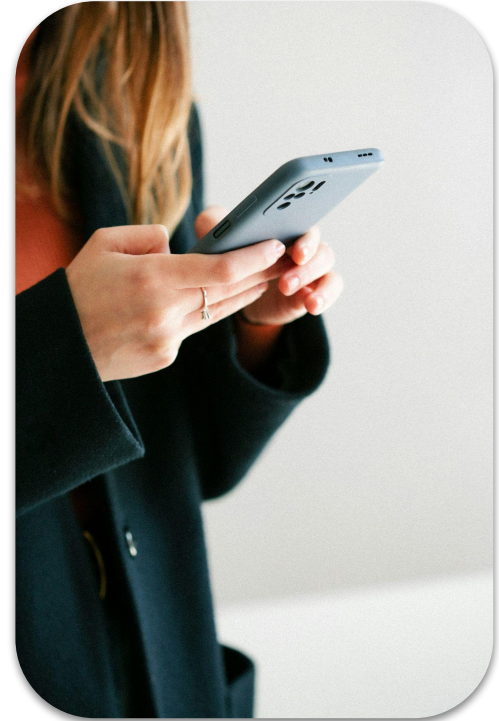


Managing stimuli overload

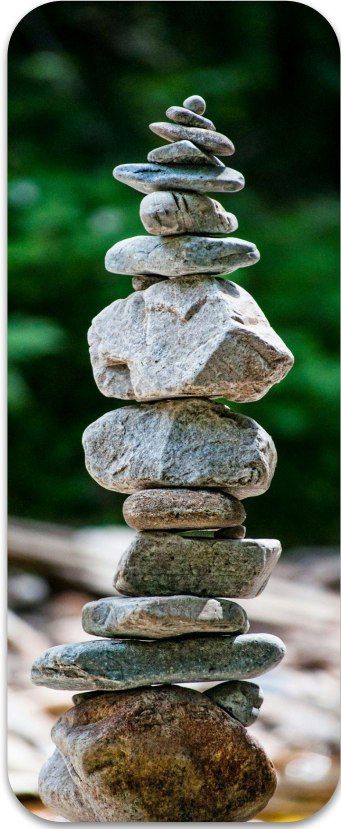
- Fortunately (and unfortunately), we are in the era of **instant and easy access** to information.
- Constant exposure to threatening stimuli has **physiological** as well as **psychological effects**.

What can we do about this?

- Limit exposure
- Turn off notifications
- Manage social media feeds
- Rest
- Believe in the power of small actions – focus on what you *can* do
- Grounding exercises – yoga, walking, mindfulness



Compassion fatigue to Compassion resilience



What does it mean to empathise? To understand how someone feels

- Compassion is **empathy in action** – a motivation to alleviate suffering.
- Compassion fatigue – where empathy and concern for others decreases.
- This is where **self-compassion is very important**.

How to move from fatigue to resilience:

- **Challenge your beliefs** around guilt and self-care.
- **Accept** that everyone has limits - including you.
- **Limit** your exposure.
- **Engage** in replenishing activities.
- **Avoid** social isolation.
- **Deepen** connections.
- Choose your focus - **we can't be everything to everybody**.

Stop overthinking in it's tracks



- We tend to **overthink** due to catastrophic thinking - meaning we often think the worst.
- Assess whether you are **overestimating** the threat and **underestimating** your ability to cope with the threat.
- **Rationalise** your worst case scenario - think of what you can do to tackle each point.
- **Challenge** your negative thoughts.
- Don't beat yourself up – **have compassion on yourself** for this very normal process.
- **Talk to others.**

Your Overwhelm Toolkit

- **Take time** for yourself every day – non-negotiable
- **Prioritise** – focus on what's achievable in a day
- **Look after your body** – eat well, sleep hygiene, exercise
- **Stay connected**
- **Seek support**
- **Digital detox**
- **Journal**



Q & A

Sign up for Vicki's latest program on Overwhelm!

