

# *The Overwhelmed Brain*



**Feeling Drained? You're Not Alone.**

**We're All in This:** Many of us are experiencing cognitive overload in today's fast-paced world.

**Rapid Change:** The world and how we access information are constantly evolving.

**Information Avalanche:** We're likely in a period with more information than we can effectively process.

**Self and Social Expectation:** Constant optimisation and performance, viewing the mind as a machine that must constantly deliver results, potentially ignoring its natural rhythms and limits.

# The Pressure Cooker



**The Rising Expectations Fuelling the Fire.**

**The Perfection Myth:** There's a growing expectation to be 'perfect' and do everything right, pushing us to absorb vast amounts of information.

**Productivity Push:** The demand for productivity has increased in a world that never stands still.

**Are We Thinking or Just Absorbing?** Are we critically evaluating information or simply trying to keep up with the sheer volume?

## The Impact: More Than Just Tired

# The Real Cost of Information Overload.

**The Maximalist Brain:** All this pressure can lead to what we might call a 'maximalist brain' - a brain that constantly tries to take in everything, aiming to be perfectly productive.

## The Downward Spiral: This can result in:

- **Depression:** Feeling emotionally and mentally drained.
- **Overwhelmed:** A sense of being unable to cope.
- **Anxiety:** Increased feelings of worry and unease.

**Strong Links to Burnout:** Some literature suggests that reaching cognitive overload is a significant precursor to burnout.



# *The Comparison Trap*

## **The Social Media Factor.**

**The Leaderboard Effect:** Social media often presents a highlight reel, making it feel like everyone else is succeeding effortlessly.

**Fuelling the Fire:** This constant comparison can exacerbate feelings of inadequacy and the need to consume even more information to 'keep up'.

**Neglecting Ourselves:** In our quest to build systems and routines (to-do lists, timelines), we can sometimes neglect our mental well-being.



# *Finding Your Way Back: Small Steps*

Interestingly, when seeking to alleviate the effects of depression, anxiety, or feelings of being overwhelmed, the principle of Occam's Razor applies. In mental health, among various complex explanations and support methods, the simplest solution is often the most effective.



# If you are seeking support



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