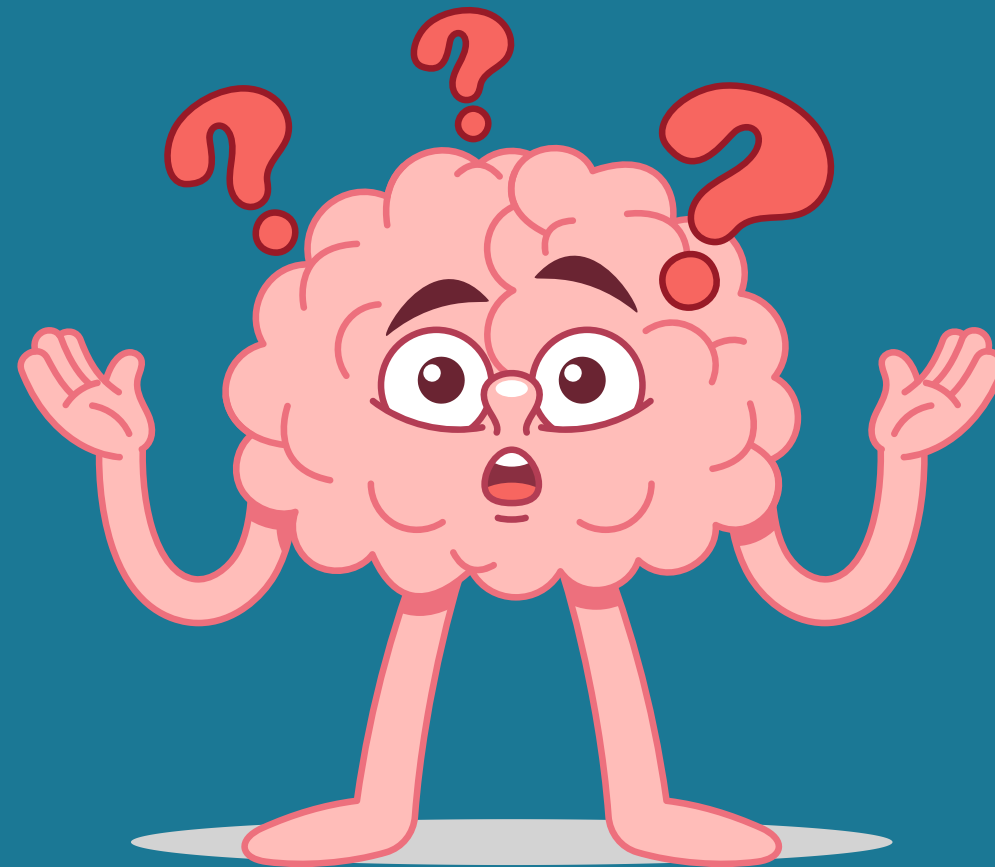


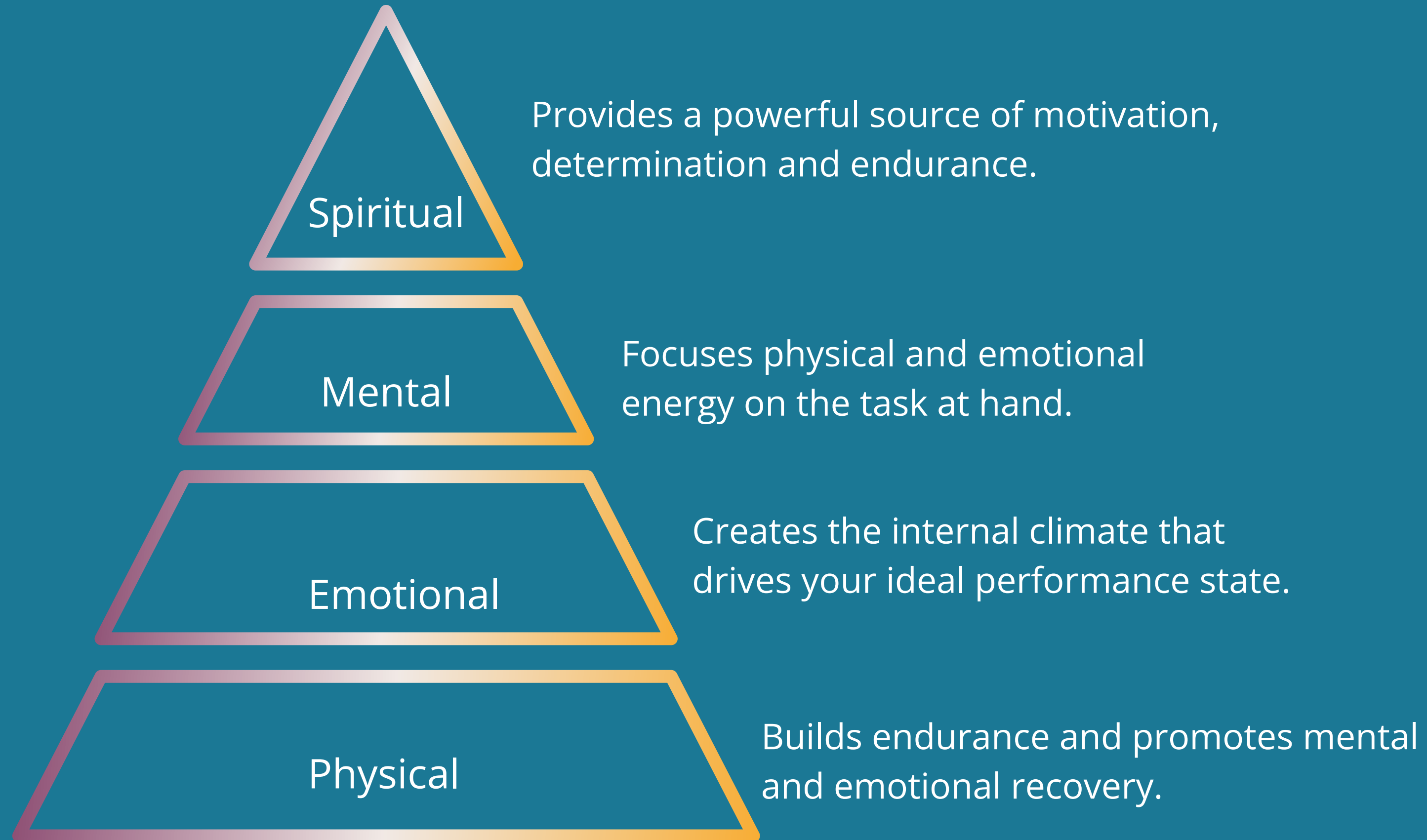
What's Really Happening When You Feel Overwhelmed *and How to Recalibrate*



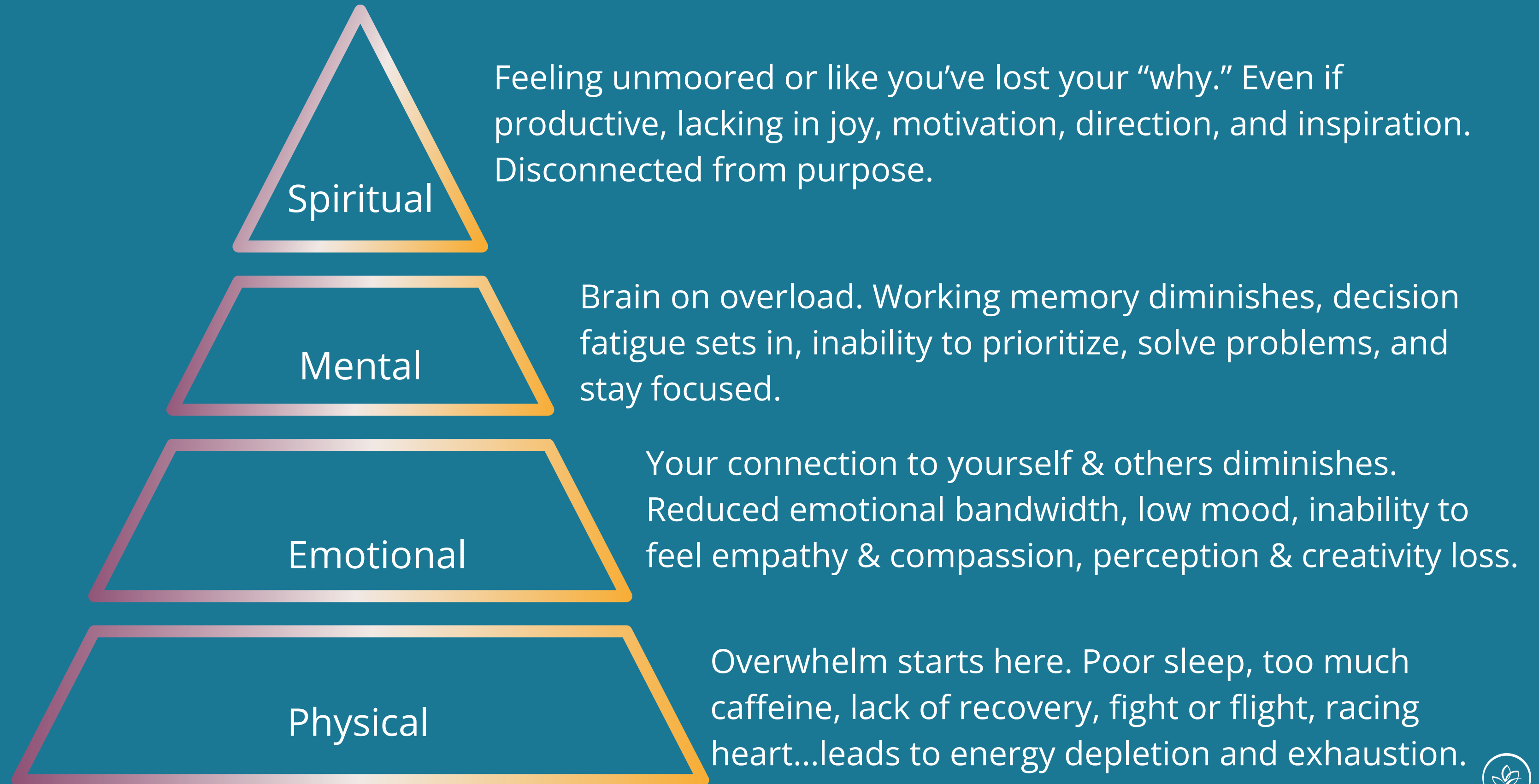
Why do I feel this way?



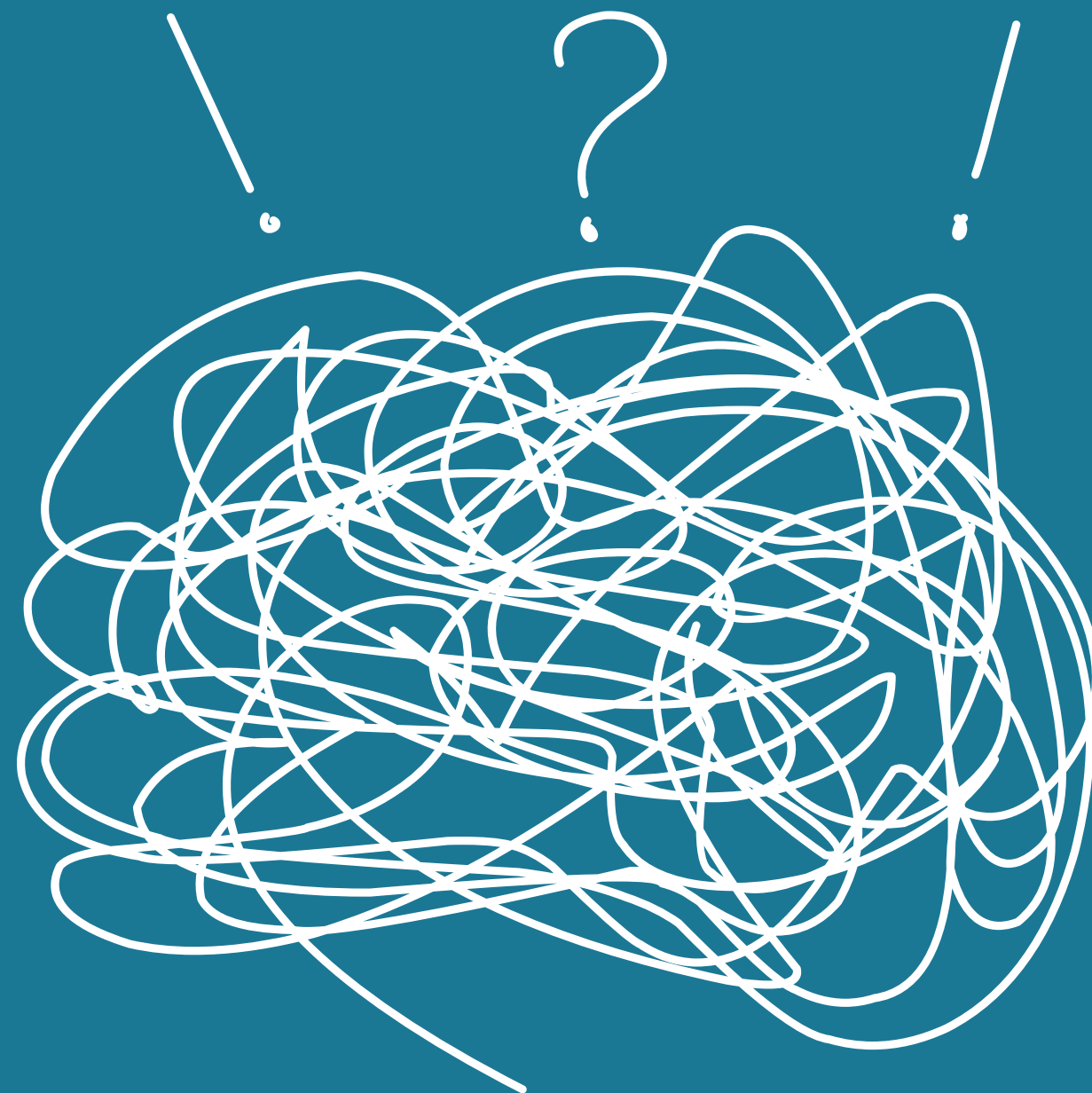
First, Understand the Four Dimensions of Energy that Power You



Then, Learn How Overwhelm Affects Your Four Dimensions of Energy

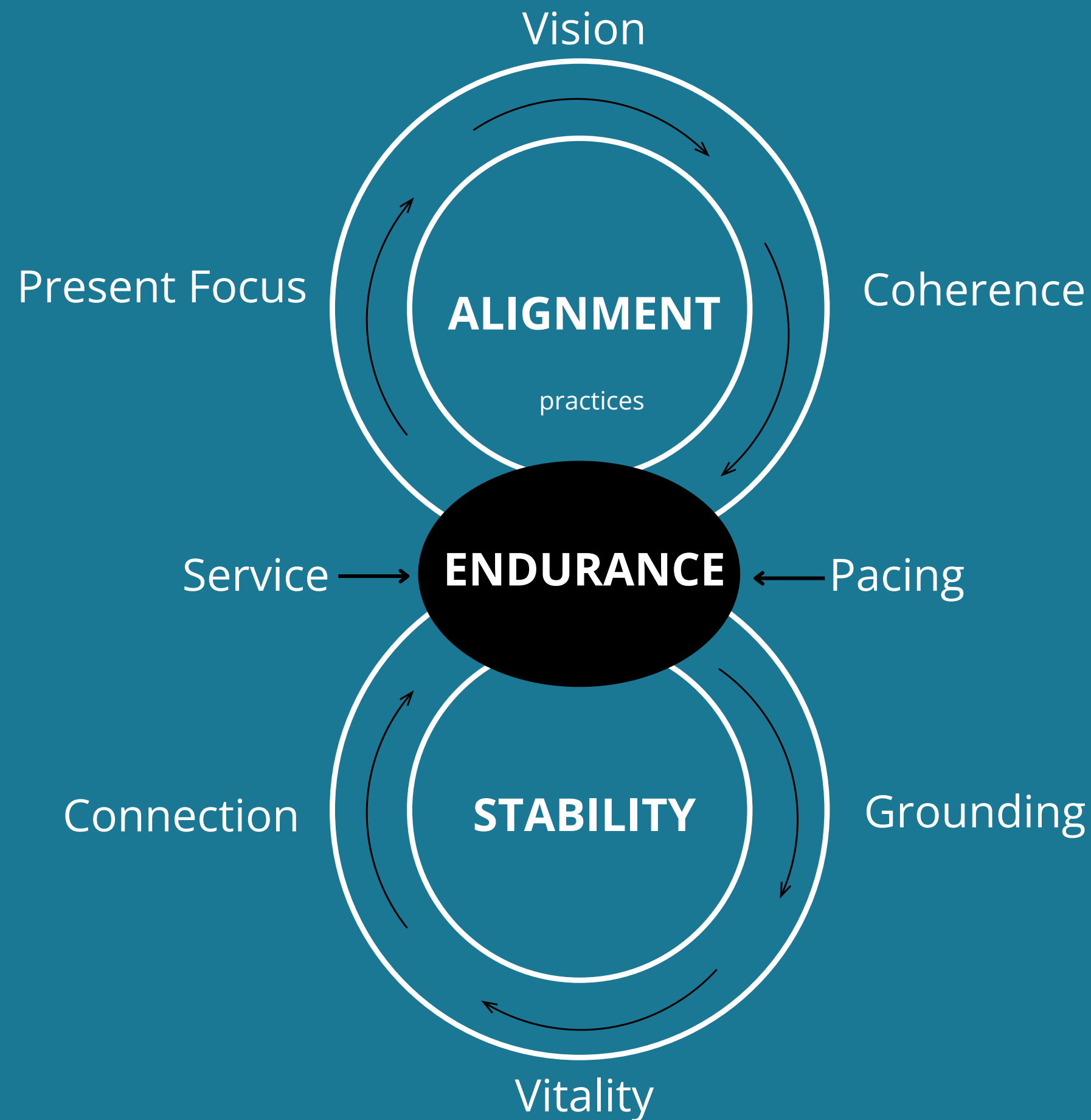


So what do I do now?



Embrace The Opus 8 Energy System

Recover your energy and direct it to what matters most to you



When you're steady, **Alignment** practices help you direct your energy to what matters most. They support your mental, emotional, and spiritual energy by helping you to think clearly, act with integrity, and stay rooted to your purpose.

When practiced, **Endurance** principles elevate and sustain your energy across all domains (physical, emotional, mental, and spiritual) ensuring lasting wellbeing, alignment, and momentum.

Stability is your base layer of energy and includes practices that help you cultivate and regenerate your physical, emotional, and spiritual energy, fueling your wellbeing, your connection to yourself and to others, and your ability to steady yourself.

The Opus 8 Tiers and Principles

STABILITY PRINCIPLES

Vitality

Vitality is your fuel. It powers your physical and emotional energy so you can show up in your life fully. Without Vitality, the other principles falter. A state of being strong and active, Vitality is the generator behind your ability to connect, to focus, and to endure. Ask: *How will I protect and replenish my energy this month?*

Connection

Connection is your anchor. It supports your emotional energy by keeping you linked to yourself and to others. Connection renews your emotional energy. It reminds you that you're not alone and that you are, in fact, whole. Ask: *Who do I need to feel more connected to right now—personally or professionally?*

Grounding

Grounding is your stability. It supports your emotional and spiritual energy, helping you stay steady in the face of uncertainty. Grounding isn't just emotional steadiness, it's energetic regulation. It calms your nervous system so your energy can flow to what matters most. Ask: *What small daily ritual or practice helps me feel steady?*

ALIGNMENT PRINCIPLES

Vision

Your vision is your guiding light. It's the picture of your life and work that inspires and anchors you, enhancing your spiritual energy and helping you align daily actions with long-term dreams. Ask: *What does "success" look and feel like to me in this season?*

Coherence

Coherence is the harmony between your actions and your deeper purpose: your why. It's about ensuring your energy is directed to what matters most to you—your values, your Vision, your Connections. r daily choices reflect your values and true self. Ask: *Where in my life or work am I out of alignment? What wants to shift?*

Present Focus

Present Focus is the ability to engage fully with what's happening in the moment. Practicing it helps us move through life with clarity, calm, and intention. It's one of the most powerful tools you have for regulating your energy and bringing your full self to the moment. Ask: *What helps me return to the moment when I get distracted or overwhelmed?*

ENDURANCE PRINCIPLES

Service

Service is about contributing to something larger than yourself. It's sharing your talents with others, and weaving purpose and impact into daily actions, ensuring it uplifts others too. Ask: *Who or what am I doing this for? What impact matters most to me?*

Pacing

Pacing is how to sustain peak performance. Healthy pacing means moving steadily toward your goals without sacrificing your Vitality or Alignment. Pacing is energy intelligence in action—knowing when to drive, when to pause, and how to fuel your capacity rhythmically. Ask: *Where can I go slower to go further? What might I let go of?*

**Use the Opus 8 Compass: Understand
where your energy needs attention and how to recalibrate.**

