



Which Of The 23 Types Of Overload Are Most Affecting You?

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Innovative Yet Practical Solutions

A book that had a profound effect on how I look at work and life many years ago is [Margin](#), by Dr. Richard Swenson. In his book he identifies 23 different types of overload we may find present in our life.

Activity Overload

Change Overload

Choice Overload

Commitment Overload

Competition Overload

Debt Overload

Decision Overload

Education Overload

Expectation Overload

Fatigue Overload

Hurry Overload

Information Overload

Media Overload

Ministry Overload

Noise Overload

People Overload

Pollution Overload

Possession Overload

Problem Overload

Technology Overload

Traffic Overload

Waste Overload

Work Overload

Once you identify the ones present in you situation, take these three steps:

1. Imagine how much better your day would be if this overload was reduced
2. Determine some of the factors that cause this overload to grow
3. Create boundaries and/or limits to protect the physical, emotional, or mental resources drained by these sources of overload

For more help dealing with overload, check out my book, [Juggling Elephants](#)