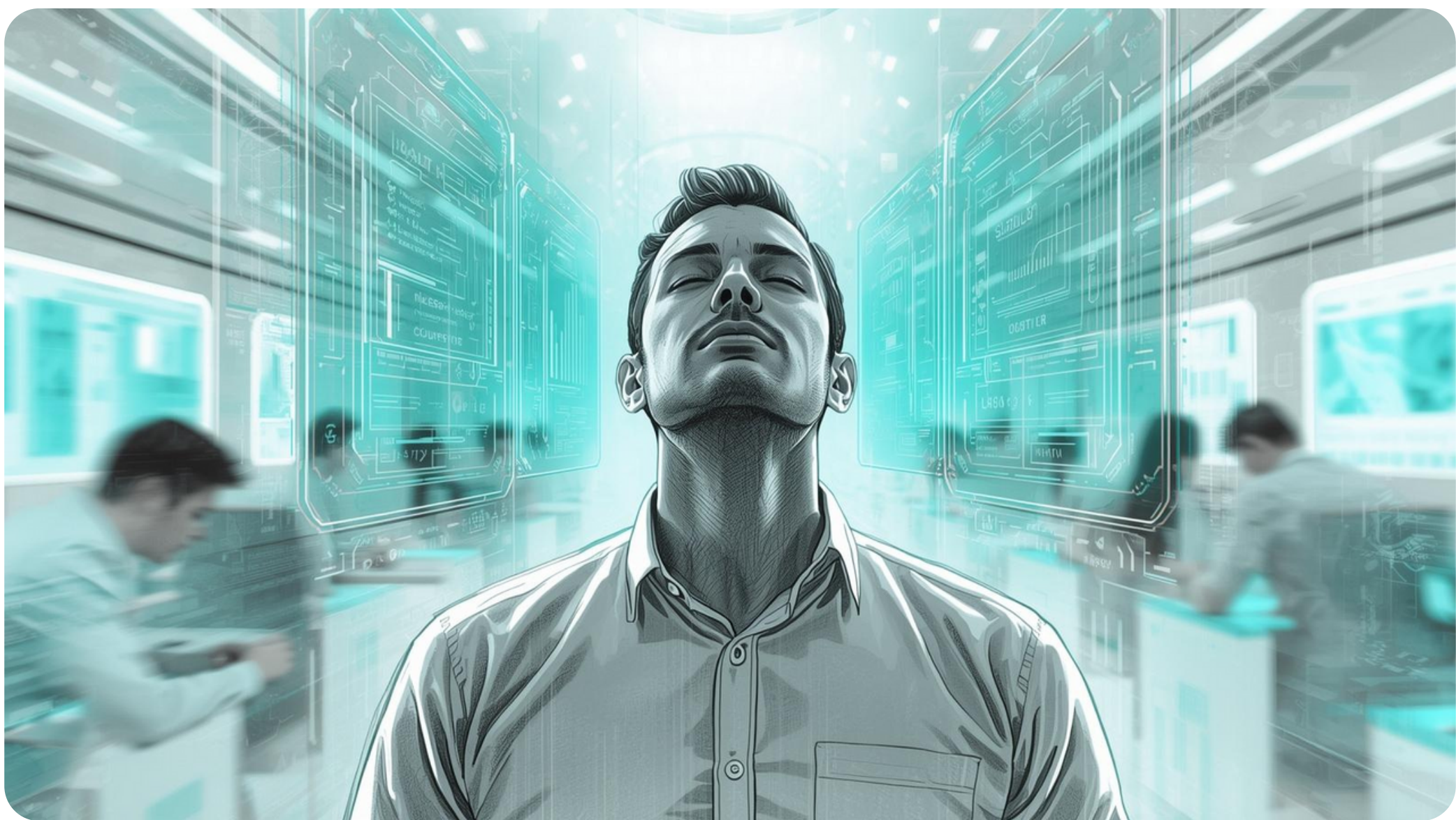


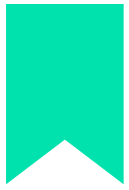


10 Things Great Leaders Do **When They're Overwhelmed**



David Robinson
MyDevTeam





1. They Pause Before Reacting



Overwhelm makes bad decisions look urgent.

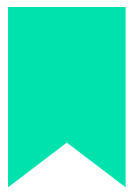
Do this:

- Step back before you step in.
- Buy yourself 24 hours before big calls.

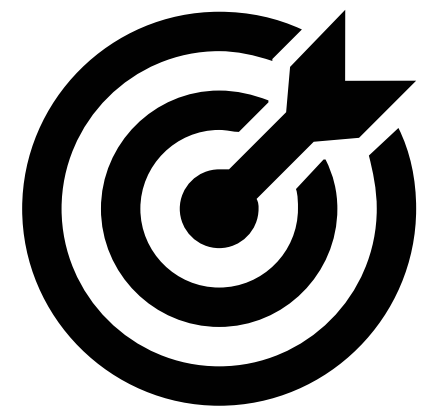


David Robinson
MyDevTeam





2. They Reconnect With Priorities



When everything feels important, nothing is.

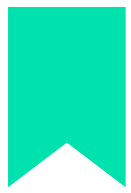
Do this:

- Ask “What actually moves the business?”
- Drop the rest or delegate it fast.

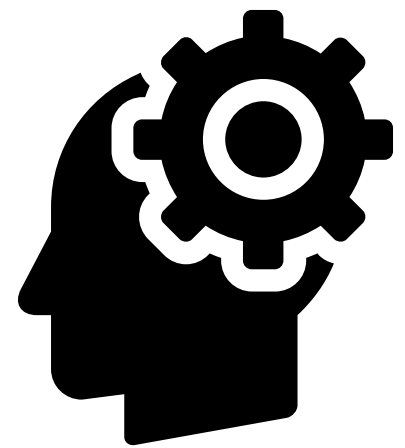


David Robinson
MyDevTeam





3. They Protect Thinking Time



Constant motion hides poor direction.

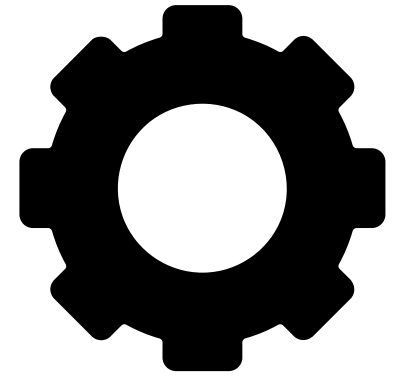
Do this:

- ▶ Block calendar space for deep work.
- ▶ Treat reflection like a deliverable.



David Robinson
MyDevTeam





4. They Lean on Systems, Not Memory

Overwhelm thrives in unstructured chaos.

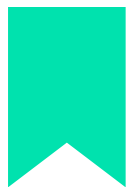
Do this:

- Document decisions and workflows.
- Build rituals that replace reminders.



David Robinson
MyDevTeam





5. They Ask for Help Early



Silence doesn't make you strong.
It makes you stuck.

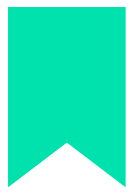
Do this:

- Loop in your team before things break.
- Share context, not just tasks.



David Robinson
MyDevTeam





6. They Simplify the Next Step



Clarity kills anxiety.

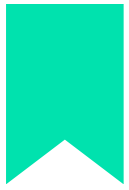
Do this:

- Focus on the next right action, not the full plan.
- Win the next hour, not the next quarter.



David Robinson
MyDevTeam





7. They Delegation With Trust



Control feels safe, but it slows everything down.

Do this:

- Hand off outcomes, not tasks.
- Let go of perfection for progress.



David Robinson
MyDevTeam





8. They Revisit Boundaries



If you're always available, you're never effective.

Do this:

- Define when you're reachable.
- Model rest as part of the job, not a reward.

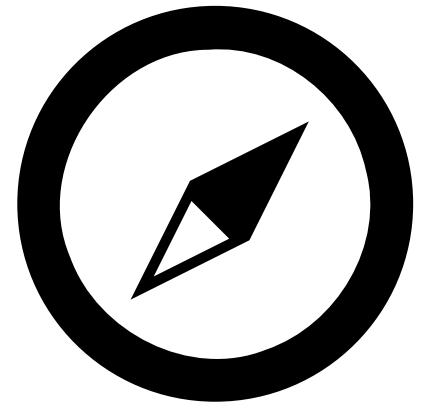


David Robinson
MyDevTeam





9. They Zoom Out



Sometimes the problem isn't volume, it's perspective.

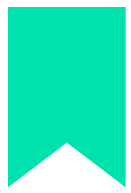
Do this:

- Revisit your long-term goal weekly.
- Realign actions to the real mission.

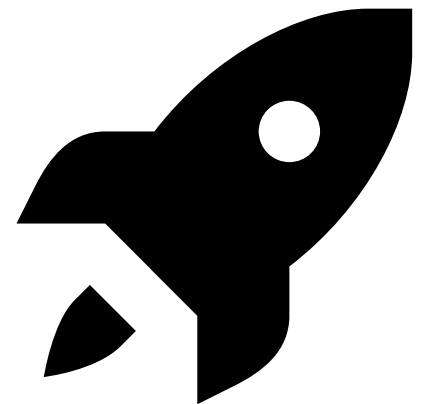


David Robinson
MyDevTeam





10. They Choose Progress Over Perfection



Trying to do everything right is what breaks you.

Do this:

- Ship version one and learn fast.
- Remember: done beats flawless.



David Robinson
MyDevTeam



**Overwhelm isn't
a sign of failure,
it's a sign of friction.**

The best leaders don't power through it.
They redesign around it.



David Robinson

MyDevTeam

Follow **David Robinson** for no-BS lessons
on AI, leadership, and scaling systems.