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**November 1st 2016: Are you Stressed, Just Barely Hanging On, Overwhelmed and Burning Out?**

Episode description: Are you Stressed, Just Barely Hanging On, Overwhelmed and Burning Out? Is the Camel's Back About to Break? In our busy hyper and demanding lives how do we cope when the unexpected happens? What happens to us when we feel overwhelmed and burned out? How do we sort out our priorities and create a meaningful plan of action? How do we calm down enough to get the rational parts of our brain back online, so that raw emotion doesn't take over? Managing high levels of emotion, especially in stressful times, is a key life skill and in this episode, hosts Leaha Mattinson and Dr. H

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