

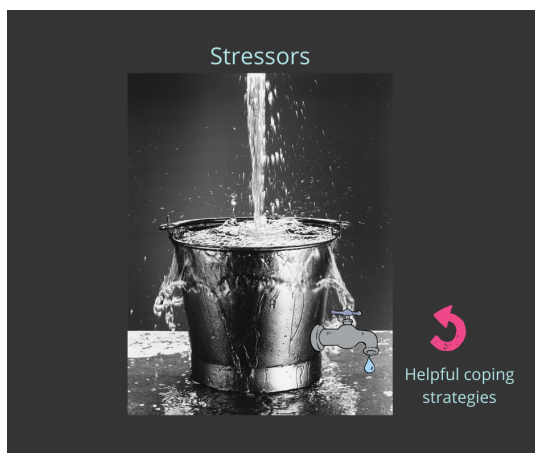


February 2022 - Too much "stuff"

Are you ready for your dreams to take-off?

Coaching provides a space for you to think and reflect. This newsletter is a monthly collection of some things to take you back to that reflective space, just for a little while. So grab the drink of your choice, tune everyone out and see whether anything here inspires you. Our focus this month is on overwhelm, because what I am hearing and reading from people, and feeling myself, is a sense that there is just toooooo much to deal with. I hope one of these things helps.

Ellie



[Light the fire - Something to read](#)

The stress container

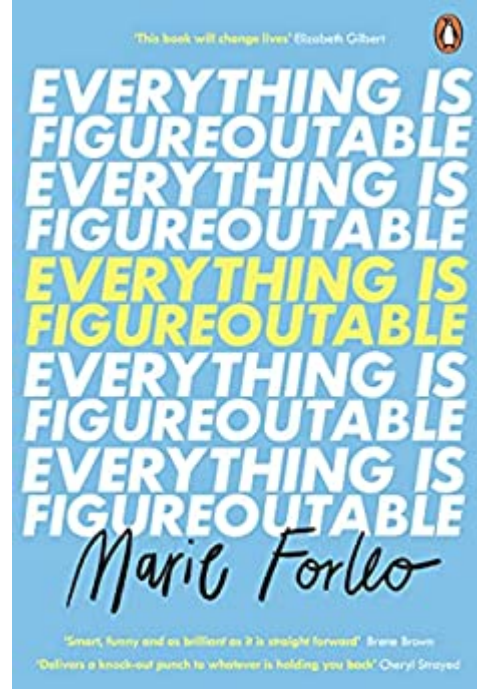
I'm doing my Mental Health First Aider training at the moment and came across the stress container model. I love a good model as it helps me anchor chaotic thoughts into something that feels tractable and potentially sortable. Read more about it in [my latest blog post](#).

[Ready to fly - something to watch](#)

"Everything is figureoutable"

Now, bear with me here. Sometimes the last thing you need when you are feeling overwhelmed is someone telling you that it can all be sorted. Even if you know deep down that it's true. So I wasn't overly convinced when someone recommended "Everything is Figureoutable" by Marie Forleo. In fact my initial reaction was irritation! But sometimes we are most irritated by the things we need. Marie's premise is that by taking

"everything is figureoutable" as a motto/saying/affirmation, you can effectively change your mindset and at least take some steps forward. I haven't finished the book yet (it contains lots of action exercises), but I have found that I am seeing things in a slightly more constructive way already. Why not watch an [introduction by Marie herself](#) and see what you think.



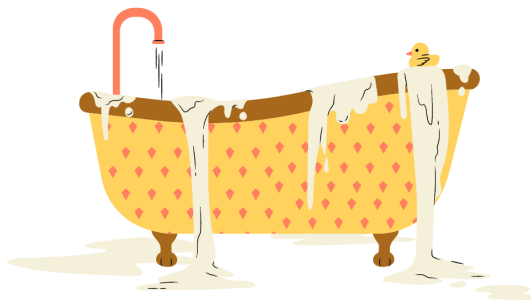
Ready to soar – Something to do

Happy Hour

If you've read the blog from the [Light the Fire](#) suggestion above then you'll make a connection between this task and the stress bucket. I'd like you to plan to do one thing in the next 24 hours that is from your list of helpful coping strategies in times of stress. (If you haven't read the blog then plan yourself a "happy hour" – an hour of doing something that you know calms you, or makes you feel happier.

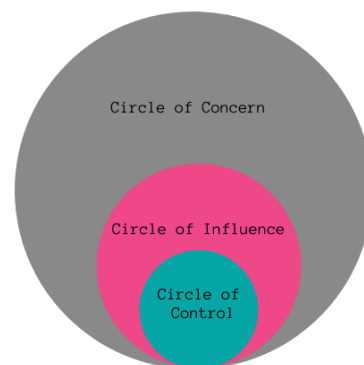
More (mostly related) ideas

Blogs from the SendThemSoaring Archive



Workload management

If workload is the dominant filler



Circle of control

Another way to reduce the

of your stress container, here's
some questions to help limit the
inflow

inflow to your stress container -
consider focussing on your
circle of control and/or
influence

Find out more about my
current coaching
services

New clients - book a
free 30 min
taster/chemistry
session

Previous and existing
clients - book a one-off
60 min top-up session
£100

SendThemSoaring

34 Beighton Close, Reading
United Kingdom



You received this email because you
signed up on the website or had some
coaching sessions with me.

[Unsubscribe](#)

mailerlite