

JO MARSH COACHING

When everything feels tangled

A short guide for the hard days. Five things to try, and four questions that help you find your own way through.

START HERE

A kinder starting point

Life can challenge our confidence and leave us feeling tangled. Not broken, not failing, just knotted up in a way that makes the next step hard to see.

This guide will not untangle it for you, and it is not meant to. It is a handful of things that help, taken from the work I do with the people I coach, written down so you have them on the days when thinking clearly is the difficult part.

You already hold the answers. My role is to help you find them.

Five things to try on a tangled day

1

Say the tangle out loud

Or write it down, badly, without editing. A worry held only in your head keeps its shape. Said plainly, it usually turns out to be two or three separate things rather than one enormous one.

2

Shrink the question

"What do I do about my whole career" has no answer today. "What is the one thing I could find out this week" does. Make the question small enough to actually move.

3

Rest before you are empty, not after

A short pause taken on purpose is worth far more than collapse at the end of the day. Rest is not the reward for finishing. It is part of how you keep going.

4

Separate what you do from who you are

You are not your output. On the days you do less, you are no less. This one takes practice, and it is worth every bit of it.

5

Let "enough" be a real place

Decide in advance what enough looks like today, so you have somewhere to stop that is not exhaustion.

AN EXERCISE

Four questions

This is the shape of a coaching session, written so you can walk yourself through it. Give it fifteen quiet minutes, a pen and some paper, and answer honestly rather than tidily.

1. What do I want from this time?

Not the whole of life. Just this sitting. What would make the next fifteen minutes worth having spent?

2. Where do things actually stand?

A clear look at the situation as it is now, rather than as it feels at three in the morning. What is true? What do I actually know, as opposed to fear?

3. What are my options?

All of them, including the ones you would not choose. Doing nothing is an option. Asking for help is an option. Write them down before you judge them.

4. What will I do, and why does it matter to me?

One action, small enough that you will genuinely do it. The second half of that question is the one that makes it stick.

AND IF IT IS BIGGER THAN THAT

When a guide is not enough

Some tangles are not about clarity. If you have been struggling for a while, if the heaviness does not lift, or if something feels beyond the reach of a quiet fifteen minutes, please talk to your GP. That is not a failure of this guide or of you. It is the right next step, and a sensible one.

Coaching sits alongside that kind of support rather than replacing it. If we ever work together and I think another kind of help would serve you better, I will say so directly.

If you would like to talk

Coaching with me runs as a series of six sessions, each 45 to 60 minutes, online or in person in north west London. We start with a short, free conversation to see whether it is a fit, with no obligation either way.

jomarshcoaching@gmail.com
WhatsApp 07852 978741

A note on what this is: general wellbeing information, shared as a starting point, not medical, psychological or nutritional advice. I am a coach and a Level 3 personal trainer, not a doctor or a therapist. If you are managing a health condition, or something here raises a question for you, please take it to the right professional.