

COACHING TIPS

from me 

Simple, practical ideas to support your mental health, every day. 



1 PAUSE AND CHECK IN

Life can feel overwhelming.
Take a moment to pause and check in with yourself. What do you need right now?
Tune in before you run on empty.



2 SPEAK KINDLY TO YOURSELF

Notice your inner voice. Would you speak to a friend like that? Try swapping self-criticism for self-compassion. You deserve kindness, especially from you.



3 DO SMALL THINGS THAT HELP

Big changes start small. Choose one thing today that supports your wellbeing – it might be a stretch, a walk, a song, a cup of tea or saying no to something that drains you.



4 PROTECT YOUR ENERGY

You can't pour from an empty cup.
Set boundaries. Rest when you need to.
It's okay to put yourself first.
Your energy is precious.



5 REACH OUT AND STAY CONNECTED

You don't have to do this alone.
Connection is powerful. Talk to someone you trust, join a community, or just send that message.
Small connections can make a big difference.



6 FOCUS ON WHAT HELPS YOU HEAL

Healing isn't one-size-fits-all.
Notice what brings you calm, comfort and joy – and do more of that.
Trust what works for you.

A gentle reminder



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It's okay if today is hard.
You are not failing.



Your feelings are valid.
All of them.



It's okay to pause.
Rest is not a **waste of time.**



Progress is not always visible, but it is still **progress.**



You are enough, exactly as you are.
Always.



From me to you

Mental health is a journey, not a straight line.
There will be ups and downs, good days and tough days.
Be patient with yourself, celebrate the small wins, and keep going.
You are stronger than you think, and you matter.

With love, Maggie x 