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**ART OF COACHING PODCAST™ EPISODE 356:**  
**ADVICE FOR WHEN YOU'VE HIT A LOW POINT AND DON'T WANT TO SPIRAL**

Are there specific times of year, seasons, or situations, such as family gatherings or work deadlines, when you feel especially overwhelmed? How do you tend to respond? What personal drives might be influencing that response?

List everything you do, or that's imposed on you, that contributes to your feelings of overwhelm. Organize these tasks into the three categories discussed in the episode. How can you schedule them in a way that lets you chip away steadily while still making progress?

What activities help you reset, relax, and recharge your mind and body? How can you intentionally schedule these moments into your week to maintain productivity while protecting your well-being?



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Identify two specific days in your week when you can step away from your main sources of stress. How will committing to these breaks allow you to recharge and stay focused on what matters most?

How are you currently investing in yourself? Consider areas like continuing education, skill development, or even rest and recovery. What's one action you can take this month to double down on this investment?

What are two financially scary moves you could make this year that have the potential for the biggest return—personally or professionally? Make a pros and cons list. What's the true cost of staying safe and “playing tight”?



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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