

How are you coping with stressors of the day?

This is a period of uncertainty, and, for some, "not knowing" can add to feelings of powerlessness and overwhelm. Periodically taking to time to tune in and check how you are doing/feeling is a proven strategy for addressing problems that might emerge, and can help prevent or heal wounds, too. Take this quick assessment and then reach out and let's talk about your answers.

1. Have you been aware of feeling more restless, stressed, or overwhelmed?
2. How are you sleeping, eating, and engaging in regular self-care?
3. Are you finding it challenging to keep balance in your days? Do you find yourself working all day/night, or barely working at all?
4. If you are in a relationship, how is it doing? Is it meeting your needs? Or are you experiencing more stress/conflict?
6. If you're single, are you feeling unsettled and lonely? Are you worried about whether you'll find a loving partnership—or even how to date during this new normal?
7. Do you feel like your life is generally fulfilling? Do you have true professional, personal, or vocational satisfaction?
8. Have you experienced any recent losses? If so, are those losses causing worries? How are you dealing with those worries?
9. Do you have at least 30 minutes of "you time" built into your daily schedule?
10. And do you have the support—both formal (coaches, mentors, counselors) and informal (friends, family members, coworkers, peers)—you need?

Look at your answers. If you'd like to talk about what you wrote, please reach out and let's chat about where you are, what you need, and how I can help! This is the perfect time to get the support you need, revisit your goals, and work on those goals you've been putting aside.

I'd love to work with you!

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