

NOTES FOR THE  
FESTIVE SEASON

# OVERWHELM

WHEN JOY IS  
COMPLICATED

THE STRESSED-OUT  
MUMS' JOURNEY

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# THE RESET FRAMEWORK

## BEYOND BASIC SELF-CARE

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When overwhelm approaches, engage in this structured reflection:

### 1. Reality Check Exercise

Write down responses to:

- "What story am I telling myself about this situation?"
- "What external pressures am I carrying that aren't necessary?"
- "What would change if I stepped back from forcing myself through this?"

### 2. Boundary Mapping

Create three columns to assess both practical tasks and emotional labor:

- "Must Do" (genuine necessities: essential shopping, core family commitments)
- "Expected to Do" (societal pressures: extended family events, elaborate decorating)
- "Want to Do" (authentic desires: meaningful traditions, quiet moments)

This exercise helps separate genuine priorities from inherited

### 3. Permission to Redefine

Consider:

- Which traditions serve your current reality?
- What new meanings can you create?
- What expectations can you release?

# WHEN JOY IS COMPLICATED

The festive season doesn't arrive in a single day – it creeps in through shop windows, appears in advertising, echoes in casual conversations, and floods social media feeds. For those navigating life without maternal support – whether through loss, distance, illness, or complex relationships – this extended period of "enforced merriment" can feel like walking through a minefield of emotions.

## Understanding Your Response is Valid

The absence of maternal support during this season manifests in many ways:

The weight of broken traditions you once shared  
The complexity of explaining your situation to others  
The exhaustion of maintaining appearances  
The challenge of creating meaning without inherited frameworks  
The disconnect between external expectations and internal reality

## Recognizing Overwhelm Before It Peaks

Your mind processes overwhelming situations like a pot about to boil over. Before the spillover comes:

Previously simple decisions become paralysing  
Your emotional bandwidth narrows dramatically  
Regular tasks feel insurmountable  
You find yourself avoiding planning or communication  
Small setbacks trigger disproportionate responses

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# Strategic Navigation for Complex Situations

## O1 When Social Pressure Mounts

- The season often brings increased social obligations and potentially uncomfortable conversations. Here are specific strategies:
- Prepare brief, neutral responses for common questions
- Create time limits for challenging events: "I can stay until 3pm"
- Active listening technique: Mirror the last few words someone says with a questioning tone – this shows engagement while giving you breathing space
- Plan buffer days between social engagements for emotional recovery

## O2 For Those Dealing with Complex Family Dynamics

- Remember that family connections come in many forms, and you have the right to define yours:
- Acknowledge that "family" can mean chosen family
- Set clear boundaries about discussion topics: "I prefer not to discuss that today"
- Create your own ritual of connection or remembrance
- Define your non-negotiables and honor them

## O3 When Loneliness Peaks

- Loneliness often intensifies during this season, especially when it seems everyone else is celebrating. Instead of fighting the feeling:
- Document your experience: Write one honest sentence about your day
- Connect with understanding communities online: Find groups who share your experience
- Create meaningful solo rituals: Light a candle, take a walk, cook a special meal
- Engage in purposeful activity: Focus on a project that matters to you

# WE CAN TRANSFORM YOUR NOW



***LET'S delve into your NOW, step forward and make changes in a safe and supportive space to recognise your pains and bring back your self-love & sparkle***

*Hi, I am Carey Ann, an Internationally Accredited N.L.P. Practitioner & Coach specialising in  
OVERWHELM & PURPOSE*

*I am here to stand by you and help you navigate through whatever is happening in your life at the moment. To manage anxiety, overwhelm and sadness. To be supported and have someone be there for you while you are traversing children, family, work, friends & all the intense complexities of your personal situation*

*Together we focus on YOU.*

*Within this safe space we explore your unique situation, talk, use tools, create goals & strategies to pave the way to revitalising. You will reignite your true identity, desire and confidence. On the road to personal rediscovery you will find your meaning, clarity, purpose, & inner strength so you become ready to embrace your goals, dreams & passions once again with a sense of calm & confidence.*

*I look forward to having the chance to meet you soon.*

*Carey Ann*  
PICKFORD

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# MUM'S COOACH

**Working with women who no longer have the support of their mother figure due to loss, distance or complex relationships**

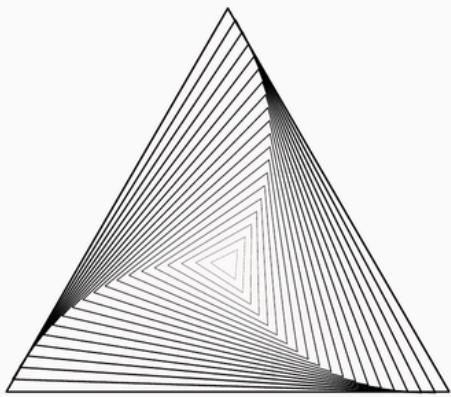


During the Festive Season  
I offer  
S.O.S. Coaching  
IS THIS YOU?

- Do you need support NOW!
- Have to recalibrate quickly?
- Feel super overwhelmed?
- Facing challenging situations with family, children or just life?
- Need quick fix guidance and strategies?
- Becoming stuck in negative thought-loops?
- Need to be heard and given tools to manage?

Let's CHAT.

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Carey Ann Pickford

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