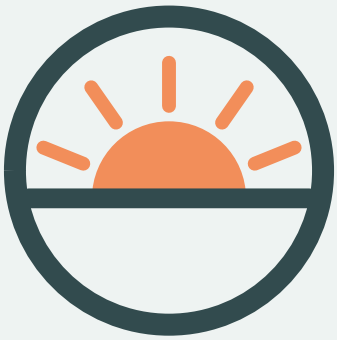


5 Questions to Ask Yourself When Your Health Has Changed

Dr Jo Cranwell PhD

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Hi there!

I know a little of how you might feel. When my own health changed, I felt unsure about my future and, honestly, quite overwhelmed. I needed support beyond my family and friends. Not therapy, just someone to walk alongside me as I worked out what came next. I didn't have that, and it's a big part of why I became a health and wellbeing coach.

When your health changes, it's easy to just keep on going and hope things settle. Stopping to ask yourself a few honest questions can help you to get some perspective and maybe some control.

Here are five to try. Do grab a notebook or journal if you like writing things down.

Kindest, Jo

The five questions

1 What's different in my day-to-day life now, and what has stayed the same?

Think about your energy, your routines, how you spend your time and how you feel about yourself. Some things may have changed a lot and others hardly at all.

What has changed that you haven't yet admitted, to yourself or to anyone else?

2 What do I need more of, or less of, right now?

It might be more rest, more help, more time to yourself or someone to talk to. Focus on what you need, not what you think you should need.

If you knew you deserved what you need, what would you ask for first, and who would you ask?

3 What matters most to me now?

Priorities can shift when your health changes. Things you used to push yourself for might matter less, and things you kept putting off might matter more.

Name the three things that matter most to you now. Which of them would have been on your list before your health changed?

4 Which expectations am I holding on to that no longer fit?

These might be about how much you should get done, how quickly you should "bounce back", or what you think other people expect of you.

Pick the expectation that weighs on you most. If you let it go, what would you do differently tomorrow?

5 What's one small thing I could try this week to make life a bit easier?

It could be anything: a change to how you start or end your day, a little time for something you enjoy, or giving yourself a proper break.

What has stopped you doing it so far, and what would make it more likely to happen this week?

If you'd like to talk it through

Your answers might change from one week to the next. That's normal.

If it would help to talk them through with someone, I offer a free 30-minute discovery call. We'll chat about what's going on for you and whether coaching feels right. There's no obligation.

Book your free call at jocranwellcoaching.com

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