



5 Gentle Practices for When Life Feels Overwhelming

An Invitation, not a Checklist





Coach Tina

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Hey, I'm Tina

I support women who are navigating full lives — work, leadership, relationships, and inner growth — and who want self-care to feel supportive rather than overwhelming.

My work blends practical coaching with reflective practices, helping women slow down, reconnect with themselves, and move forward with intention.

I created this guide as an invitation, not a checklist. You don't need to practice everything here. Let yourself choose what feels helpful, leave what doesn't, and return whenever you need a reminder that care can be gentle — and that you're allowed to receive it.

Quick Look

Each section of this guide offers a different kind of **permission**—small, supportive practices you can return to anytime. Let yourself begin wherever you feel drawn

- **Grace:** Soften self-judgment
- **Gratitude:** Restore a sense of presence
- **Giving:** Include yourself in your care
- **Growth:** Find meaning without pressure
- **Guidance:** Reconnect to your inner knowing
- **A Small Practice for Busy Moments:** A way to protect your focus when life feels full



Grace



WHAT IT IS & WHY IT MATTERS

Grace is the practice of offering **yourself kindness** when you'd normally apply pressure.

When life feels chaotic, we often become our own harshest **critic**.

Grace **interrupts** that cycle. It reminds you that you are human — not behind, not broken, just navigating.



REFLECTION

- Where can I **offer** myself a little more grace today?
- How might I allow myself to **receive** grace from others instead of pushing through alone?

GENTLE ACTION STEP

Choose one **expectation** you can **loosen** today — even slightly.

That might mean ...

- resting earlier
- saying “not today,” or
- letting something be unfinished

... without self-criticism.



Gratitude



WHAT IT IS & WHY IT MATTERS

Gratitude isn't about forcing positivity or ignoring what's hard.

It's about **grounding** yourself in what is steady and real. When directed **inward**, gratitude can restore a sense of worth and presence during stressful moments.

REFLECTION

- What about **me** am I **grateful** for right now?
- Where am I already **receiving** appreciation, care, or support — even quietly?



GENTLE ACTION STEP

Take a gentle **pause** ...

Place a hand on your heart and name one thing you **appreciate** about **yourself** today.

No comparison. No improvement required.



Giving



WHAT IT IS & WHY IT MATTERS

Many women are practiced at giving — often to the point of depletion.

This practice invites **balance**. Giving includes offering care to yourself and allowing yourself to receive what others offer without guilt.



REFLECTION

- What do I need to give **myself** today that I've been postponing?
- Where might I **allow myself to receive** instead of insisting on doing it all?

GENTLE ACTION STEP

Do one small thing **just for you** — not because it's productive, but because it's nourishing.

Let it be **simple**.



Growth



WHAT IT IS & WHY IT MATTERS

Growth doesn't always look like progress or achievement. Sometimes **growth is learning to pause**, to let go, or to respond differently than you have before.

This practice **reframes** growth as awareness, not performance.

REFLECTION

- What might this season be **teaching me** — without rushing to fix it?
- How can I **focus** on what feels supportive and **release** the rest?



GENTLE ACTION STEP

Write down one **insight** you've gained recently — no matter how small.

Acknowledge it without turning it into a task or goal.



Guidance



WHAT IT IS & WHY IT MATTERS

Guidance doesn't always **arrive** as answers.

Often, it **shows up** as a quiet nudge, a sense of relief, or a subtle “yes” or “no.”

When you **slow down enough to listen**, you reconnect with your own inner knowing.



REFLECTION

- What guidance becomes **available** when I **pause** and listen?
- What **supportive** voices, practices, or environments help me feel more **aligned**?

GENTLE ACTION STEP

Take three **slow breaths** and ask yourself:

“What feels most supportive right now?”

Trust the first gentle response — even if it's simply rest.





A Small Practice for Busy Moments

A way to protect your focus when life feels full

When life feels busy or distracting, it's easy for your attention to become scattered. This simple practice offers a way to **stay present with what matters most** — without forcing focus or adding pressure.

As distractions arise (*as they naturally do*), consider meeting them with a little **grace** rather than resistance.

One helpful way to do this is by gently **managing your mental load** instead of carrying everything at once.

This practice isn't about controlling your mind — it's about **choosing** where to gently return your attention.

You're **allowed** to move through busy moments one breath at a time.

Give yourself **permission** to pause the noise, meet the moment you're in, and continue forward with care.

- If a thought, task, or idea feels important but isn't meant for this moment, you might place it on a **"parking lot"** list — a simple space to hold it safely for later. When you complete your current task, or when the moment feels right, you can return to this list and review what's there.
- If a distraction is simply a **passing thought** that doesn't need your attention right now, you can quietly remind yourself what this moment is for by saying, "*Right now, I'm focusing on X.*" Take a slow breath, and allow the thought to pass without judgment.



A Closing Reminder

✧ ————— ✧
You don't need to earn rest, clarity, or care.

Whether you're navigating leadership, caregiving, a season of change — or simply a full life — **you're allowed** to meet each moment with kindness rather than pressure.

You're always welcome to **return to these practices** whenever you need to pause, steady yourself, and **move forward with intention** — one moment at a time.



An Invitation

If you found this guide supportive, you're warmly invited to join my **monthly newsletter**, *Permission Granted* — a gentle space for women cultivating self-care and intentional leadership.

Each month, I share reflections, practical insights, and reminders that you're allowed to slow down, listen inward, and lead your life with care.

No pressure. Just a steady, monthly pause.

[**Join *Permission Granted***](#)

