



Reclaim your life from overwhelm with

## A TURN OF THE YEAR PAUSE

Overwhelm is no place to live! You deserve so much more than just about getting through your days. Join me for this special series of episodes on The Overwhelm is Optional Podcast to take a pause as the year turns and notice, completely neutrally, how your 2021 was and get 2022 off to an unexpectedly lovely start!

### A Turn of the Year Pause 2021-2022

Wednesday 22nd December: Episode 97: Pause to Take Stock of 2021

Wednesday 29th December: Episode 98: Pause to Celebrate 2021

Wednesday 5th January: Episode 99: Pause to Release 2021

Wednesday 12th January: Episode 99: Pause to Dream-in 2022



## Episode 97: Pause to Take Stock of 2021

How overwhelmed were you during 2021?

When did you feel most overwhelmed?

Where were you? What were you doing? Who were you with?

What did this overwhelm feel like to you?

What did it prevent you from doing?

What did you manage to do despite the overwhelm?

When did you feel most at ease during 2021?

What did this ease feel like to you?

Where were you? What were you doing? Who were you with?

What did you achieve this year?

What did you not achieve or complete that you really wanted to?

What did you get through that felt really tough?

What did this cost you? What did you sacrifice or postpone to get through this period?

Have you reclaimed your sense of self since then?

What unexpectedly lovely things happened this year?

How did they make you feel?

Is there anything you could do to increase the likelihood of more unexpectedly lovely things?

Looking back at the whole year, pick three words that summarize 2021 for you (at this point in time - there is no one right answer.)



## Episode 98: Pause to Celebrate 2021

Use your answers from Pause to Take Stock or just be curious to see what comes up with these questions:

What are you most proud of from 2021?

What lessons are you glad to have learnt?

What, if anything, do you love or accept more about yourself now?

What were your most unexpectedly lovely moments?

What are you most grateful for?

Who are you most grateful for?



## Episode 99: Pause to Release 2021

Neutrally Notice what comes up for you during the episode around these:

overwhelm  
patterns of held tension and stress  
unfinished projects  
the nagging of the endless to-do list  
the pressure of the invisible get-better-at-list  
feelings of failure  
disappointment  
hurt and shame  
sadness and grief  
the 'shoulds' and the 'oughts'  
the tough times you pushed through

Which of these does it feel like it might be good to let go of?

The episode invites you to do this gently - or not



## Episode 99: Pause to Dream-in 2022

The episode invites you consider these questions whilst placing your attention in your heart:

What do you want more of?

What do you want less of?

What else would you like?

And what else?

How do you want to feel in 2022?

How do you want to feel when you wake up?

How do you want to feel when you go to sleep?

How do you want to feel about your work?

How do you want to feel about your relationships?

How do you want to feel this time next year?

How will you allow your self to feel this way?

How can you make this happen?



Thank you for being part of A Turn of the Year Pause

How did you get on?

I'd love to know!

You can share your 'ahas' with me at [heidi@heidimarke.co.uk](mailto:heidi@heidimarke.co.uk)

I hope you have enjoyed this special series of The Overwhelm is Optional Podcast and found it helpful.

If so, you could help me reach more people by sharing the podcast, subscribing at Apple podcasts, Spotify or wherever you listen and leaving an unexpectedly lovely review. One of my dreams for 2022 is to double my listeners and you get to make my dream come to by doing any or all of the above. Thank you so much!

Here's wishing you an unexpectedly lovely 2022.

Heidi