

TODAY MATTERS WELLNESS

When You're Coping...But Not Really

A gentle end-of-year check-in for women who are
carrying a lot

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If you're reading this towards the end of the year, you may already be feeling tired.

Tired from the pace of life.

Tired from holding things together.

Tired from being "fine" for everyone else.

Tired of expectations - from others, and often from yourself too.

This is not a workbook.

It's not something you need to complete.

There's nothing here to fix or improve.

This is simply a gentle pause - a moment to check in with yourself at a time of year that can quietly ask a lot from women.

You're welcome to read a little, all of it, or none of it.

There's no right way to be here.

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The end of the year often carries its own kind of weight.

There are expectations - spoken and unspoken.

Family needs.

Work deadlines.

Financial pressure.

Social commitments.

Emotional histories.

Days of entertaining, being “switched on”, and feeling guest-ready around the clock.

The pressure to feel grateful, festive, or “ready for a fresh start”.

For many women, this season isn’t restful.

It’s stressful.

It’s demanding.

And when you’re already stretched, it can feel like you’re simply getting through.

Ticking boxes and keeping things moving until you can finally stop, rest, and breathe again.

If that’s you, it makes sense.

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Many women tell themselves:

“I’m coping.”

“I’m managing.”

“Others have it worse.”

“I just need to get through this bit.”

“I’m fine.”

“Everyone else has got this - why am I making such a fuss?”

And often, you are coping.

You’re showing up. You’re functioning. You’re doing what needs to be done.

But coping doesn’t always mean you’re okay.

Sometimes it means:

- you’re pushing past your own needs
- you’re emotionally tired but still going
- you’re running on habit and adrenaline
- you don’t quite recognise yourself anymore

None of this is a failure.

It’s information we can gently use to understand what you might need right now.

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When things feel heavy or overwhelming, many of us reach for ways to take the edge off.

It's common for this to look like:

- switching off with wine or food
- scrolling late into the night
- withdrawing or going quiet
- snapping more easily
- feeling numb or flat
- staying constantly busy to avoid feeling
- feeling exhausted but staying up late because you're not quite ready for tomorrow to begin again

These aren't bad habits or weak choices.

They're often signals that something in you needs care, rest, or understanding.

You don't need to take anything away from yourself right now.

Just noticing, kindly, is enough.

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If it feels okay, you might like to reflect on one or two of these questions.

There's no need to answer all of them.

There's no need to write anything down if that's not for you.

If you'd like, find somewhere quiet where you won't be disturbed, and let your mind wander around these questions:

- What has felt most draining for me this year?
- Where have I been pushing myself to “just get on with it”?
- What signs has my body been giving me that I might be tired or overloaded?
- What have I needed more of - but struggled to allow?
- What would a little more gentleness towards myself look like right now?

You don't need solutions.

Awareness is a form of care.

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If you're ending the year feeling tired, flat, or disconnected, it doesn't mean you've failed.

It often means:

- you've been carrying a lot
- you've been showing up for others
- you've been doing your best with what you had available to you

You don't need a "new version" of yourself in January.

You don't need resolutions or big plans.

Sometimes the most supportive thing is simply acknowledging:

"This has been hard — and I'm allowed to feel that."

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Thank you for taking a moment to pause here.

If reading this has stirred anything - tiredness, relief, emotion, recognition - you're not alone.

You don't have to rush to do anything with what you've noticed.

And if, at some point, you feel you'd like support to explore things more deeply, you're welcome to reach out.

There's no pressure and no expectation - just a gentle invitation.

As the year draws to a close, try to find a few moments each day to pause and breathe.

To notice small moments of beauty in everyday life.

And to acknowledge yourself - and the quiet work you've been doing to hold things together.

This guide is intended as a reflective resource and is not a substitute for counselling or therapeutic support.