



Iris Alheidt-Pehrishch - Welcome to life

Beyond Coaching

Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrishch

Between Reflection and Stress

Christmas is approaching – the season of peace and reflection. In our minds, we associate this time with cozy moments, visits to Christmas markets, and delicious treats. But reality often looks quite different: errands, planning, and meeting expectations push many of us to our limits. How can we protect ourselves from feeling overwhelmed amidst all the hustle and bustle?

How to Protect Yourself from Overwhelm

As so often in life, the key to our happiness lies within us. Protecting yourself from external circumstances doesn't mean you have to change them but rather consciously set boundaries from them. The healing steps of healthy boundary-setting can be summarized as follows:

- 1) **Pause** – create a moment of reflection
- 2) **Set priorities** – clarify what matters most to you
- 3) **Make decisions** – choose what is good for you
- 4) **Act accordingly** – implement your choices consistently

Especially during particularly stressful phases that challenge and sometimes overwhelm us, this inner clarity can be incredibly helpful. Overwhelm often arises because we allow it – because we haven't learned to set healthy boundaries. By strengthening this ability, we can face stressful times with greater calm and composure.

How to Meet Everyone's Needs

It's important to consider the developmental stage of the other person:

For adults or older children, clear communication is key. When needs aren't expressed, unspoken expectations often arise, which can lead to conflict. You can help by actively asking questions and showing genuine interest.

For young children, their behavior often reflects an unmet need. Careful observation is essential here. For example, a child might say, "Christmas is stupid" because they feel left out during the lengthy preparations (like cooking). By involving them and assigning them tasks, you can meet their underlying need for attention.



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