LANCASHIRE WELLBEING / MIDLIFE RESET

Making sense of midlife overload

Five questions to help you find your own starting point.



When everything feels tangled together, it can be difficult to see what needs attention first.

When several things feel difficult at once, it can be hard to know what needs attention first. These five questions help you look at symptoms, responsibilities and changing priorities separately.

A short read

Five useful questions

One small next step

Free starter guide
Around ten minutes to read

What is asking for your attention

Midlife can bring physical changes alongside work, caring and the everyday job of keeping life moving. When these overlap, “I am not coping” can hide several different needs.

01

What has actually changed

Notice changes in sleep, energy, concentration, mood, confidence, periods or recovery after a busy day. Describe what feels different without judging yourself for it.

Think about: What feels different from six months ago?

02

What is taking the most energy

The most obvious symptom may not be the only drain. Work, caring, relationships and remembering what everyone needs can all take up capacity. Include the organising and anticipating that other people may never see.

Think about: What am I carrying in my head even when I am sitting still?

03

What needs a healthcare conversation

Some changes need individual advice rather than another attempt to push through. A useful starting point is a brief note of what you have noticed, when it happens and how it affects daily life.

Think about: Is there something I have been putting off asking about?

Make a little room for what you need

04

What could be shared or softened

Some responsibilities grow without ever being agreed. Notice whether something could be shared, done less often, simplified or discussed with someone else.

Think about: What am I doing simply because I have always done it?

05

What matters to you now

Priorities can change. You may want more rest, connection, space, confidence or time for something that feels like yours. You do not have to return to an earlier version of yourself to make a useful change.

Think about: What would I like a little more room for?

An ordinary day can tell you a lot

“I keep thinking I should be coping better. Actually, I am organising appointments for two other people and sleeping badly. I could ask someone to take over one appointment.”

That small shift gives the problem a name and makes a next step easier to see. The next page gives you space to try it with a day from your own life.

These questions help you reflect on your experience. They cannot tell you what is causing a symptom.

PAUSE / NOTICE / CHOOSE

Your own starting point

Choose one recent day when you felt stretched. Keep the example small enough to look at without having to solve your whole life.

01 What was happening at the time?

02 Which question feels most relevant, and why?

03 One small thing I could try or ask for is

Try your small step once, then notice what you learn. It does not have to become a new rule.

Write here, use a notebook or simply think it through.
You can begin with the question that has stayed with you.

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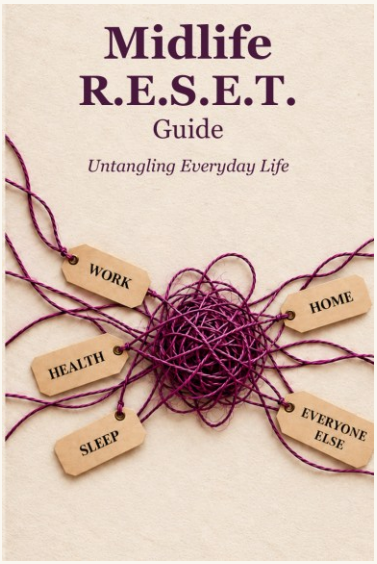
For general wellbeing education and reflection. This resource does not provide diagnosis or treatment. Seek individual healthcare advice for new, persistent or worrying symptoms.

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A LITTLE MORE TO EXPLORE

If you would like to explore further

You may have found a question that stays with you, or a small step you would like to try. Give yourself time to notice what helps.



Midlife R.E.S.E.T. Guide — Untangling Everyday Life builds on these questions, with everyday examples and opportunities to reflect on menopause, responsibilities and the wider picture of midlife. Read it through or dip into the sections that feel relevant to you.

If you would welcome conversation and support alongside your reflections, you can also ask us about online group coaching.

Find out more at lancashirewellbeing.com