



Healthy & Resilient You

Put Me In, Coach!

Get Unstuck and
Move Forward



Have you ever felt like a hamster on an exercise wheel? So much running. So little progress. Or do you sometimes look around and wonder, “How did I even get here?”

If yes, you’re in good company. Feeling stuck or dissatisfied in life is a common human experience. Ranges vary, but recent surveys show that between 75% and 83% of adults have felt professionally and/or personally stuck in recent years.

When It’s “Groundhog Day” Starring You!

Feeling stuck refers to a sense of being trapped or stagnant, like you’re always winding up in the same place or situation, no matter what you do. It can also mean being temporarily or generally dissatisfied and not knowing how to move forward.

Wellbeing professionals call this “stuckness,” and it frequently derails different aspects of life, like work, relationships, personal and professional growth, or general wellbeing.

Stuckness can look like running on constant autopilot, wanting something different but not knowing what it is, knowing what you want but not how to get it, or consistently talking yourself out of going after things you want.

You can get stuck for a lot of reasons. Maybe you’ve outgrown a current relationship, job title, or home. You might have suffered setbacks and lost your sense of [optimism](#). It can also happen when you’re burned out or facing a big life change.

Whatever the reason, when stuckness strikes, it can leave you feeling frustrated, powerless, and frozen in time.

Sometimes You Can’t Unstick Yourself

That sense of powerlessness, or being frozen, can cause self-doubt and drain motivation, making it hard to break out of stuckness on your own. When that’s the case, the best thing you can do is seek help from a change expert through counseling or coaching. Both provide a safe, productive, and confidential space to work on positive change, with a few differences.



COUNSELING FOCUS

- How the past is affecting you in the present
- Emotional & mental health
- Healing past trauma & building coping strategies



COACHING FOCUS

- How to get from the present to your desired future
- Identifying & reaching specific goals
- Navigating personal or professional change & growth

Not everyone needs counseling, as it's about helping clear up possible **emotional** roadblocks and be ready and more receptive to change.

Coaching is more universal because it's about setting specific **practical** goals, identifying the steps to get there, and holding you accountable for those steps. Because [coaching is about practical change](#), it can help you in just about every aspect of life, whether you want to reach physical or emotional health goals, advance professionally or academically, or build and enrich personal relationships.

More Skills for Getting Unstuck

We always recommend working with an expert whenever possible, but that doesn't mean you can't take matters into your own hands. The following steps can be useful, whether breaking out of a rut on your own or with help from a qualified coach.



Change your mind – Being stuck is a drag, but it's also a wake-up call telling you something needs to change. Instead of viewing stuckness as an obstacle, try to [see it as an opportunity](#) to try something new and a reason to step toward something better.



Let go of fear – Whether you're afraid of failure, judgment, or discomfort, fear can limit you and keep you from pursuing change—even when you want it. Overcoming fear can be hard, but it's necessary. [Unlearning your limits](#) and

[developing a growth mindset](#) are great ways to begin.



Do it for yourself – Being stuck often results from trying too hard to please others, taking on too many responsibilities, or consistently putting yourself, your wants, and values last. Prioritizing things that are important to you—not someone else—can provide the charge you need to jolt yourself out of a slump.



Shake up your routine – Though comforting and familiar, a predictable routine is also mind-numbing, sapping the enjoyment and color out of life and contributing to stuckness. Try adjusting your routine. Add 15-minute blocks here and there for hobbies and [deep-leisure activities](#). Put more [“you time” on your to-do list](#), or take a different route to work or the market once in a while.



Make a plan – Set a personal goal to give yourself something to look forward to. Make it gratifying or enjoyable, and try [setting up a goal system](#) to improve your chances for success.

PRO TIP

Use your Concern benefits, which include four no-cost coaching sessions per year. Expert coaches are waiting to guide you through positive change from start to finish. And, check out the [7 Days of Cooking up Creativity](#) series from eM Life for guided mindfulness sessions bundled to help you get unstuck and move forward.

For customized tools and resources, visit Concern's Digital Hub by logging in to employees.concernhealth.com, and selecting the **“Get Services”** button in the upper right menu.

This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your wellbeing, you can contact us for additional help and support.

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