

Award-Winning Coach Launches Podcast Helping Women Manage Holiday Stress

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EINPresswire.com/ -- As millions of women face rising levels of burnout, emotional fatigue, and seasonal overwhelm, award-winning life coach Blaze Schwaller, recently named the #1 Best Life Coach in Norwich for 2025 by the Quality Business Awards, has launched a new podcast designed to meet this moment with grounded, compassionate support.

The show, *Anchored & Alive with Blaze*, offers weekly episodes that blend emotional resilience, self-trust practices, grief healing, and seasonal wisdom. It is quickly becoming a steadying voice for highly sensitive, exhausted, and overwhelmed listeners who feel pressured to “push through” at the end of the year.

“People aren’t broken. They’re exhausted,” said Blaze Schwaller. “That’s why I created *Anchored & Alive*, a podcast for sensitive, overwhelmed women who need grounded support during a season when everything feels heavier. If you’re craving more ease, self-trust, and emotional clarity, these conversations are for you.”

Schwaller brings more than a decade of experience supporting clients through burnout recovery, emotional regulation, inner alignment, and high-sensitivity overwhelm. Her recent 95%+ satisfaction score and “Best of 2025” recognition reflect the impact and integrity of her coaching work. Now, her podcast offers these same tools freely to the public.

A Podcast Born From Grief, Built for Resilience



The podcast's debut episode, *Roots and Remembrance: How Grief Grew This Podcast*, explores the personal loss that transformed Schwaller's life and ultimately seeded the creation of *Anchored & Alive*. This origin anchors the show in authenticity and emotional depth, resonating strongly with listeners moving through their own grief, fatigue, or inner restructuring.

Timely Support for the Most Stressful Season of the Year

Since launching in early November, each episode has addressed the real emotional challenges many women face as winter begins:

- The Art of Slowing Down Before Life Makes You
- Making Space for What Matters (Before the Holiday Rush)
- Why Rest Is Powerful (and How to Get Some When Life Is Busy)
- What If You're Not Broken — Just Tired?
- The Myth of the New Year Sprint

These episodes have drawn listeners seeking relief from the pressure to stay productive, cheerful, and endlessly accommodating during the darkest and busiest months of the year.

Upcoming December and January episodes explore themes aligned with some of the most-searched emotional wellness questions during the winter season:

- Permission to Pause: Turning Holiday Stress Into a Real Break (Dec 15)
- How to Be With Big Feelings During the Holidays (Dec 22)
- Reflecting Without Shame: A Year-End Ritual (Dec 29)
- Wintering: The Power of Rest and Retreat in Difficult Times (Jan 5)

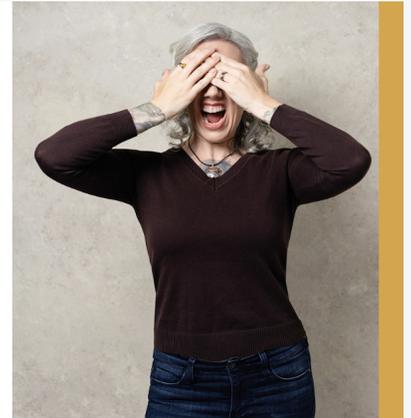
Schwaller's approach integrates emotional empowerment, seasonal cycles, somatic awareness, and compassionate self-care by providing a countercultural alternative to the high-pressure "new year, new you" messaging that dominates January.

"People aren't broken. They're exhausted."

I created *Anchored & Alive* to give sensitive, overwhelmed women permission to rest, reconnect, and remember their own strength.

We don't need more pressure. We need tools that help us feel like ourselves again."

-Blaze Schwaller



A signature message from Blaze Schwaller, host of *Anchored & Alive*, emphasizing emotional rest, self-trust, and resilience for sensitive women



Blaze Schwaller, award-winning life coach and creator of the *Anchored & Alive* Method, supporting women through burnout recovery and emotional clarity

A Growing Resource for Sensitive,
Overwhelmed Women Worldwide

Listeners describe Anchored & Alive
as:

- “deeply soothing”
- “a breath of fresh air in a chaotic season”
- “the first thing that made me feel understood in months”
- “so grounding and real”

The podcast supports women ages
thirty to fifty-five, especially those who
identify as highly sensitive, empathic,
burnt out, or stretched thin by
caregiving, emotional labor, and
societal expectations.

Each episode blends practical
emotional tools with gentle seasonal
wisdom, inviting listeners not just to
cope, but to reconnect with their inner
stability.

Listen & Learn More

Anchored & Alive with Blaze is available
on:

- Apple Podcasts:

<https://podcasts.apple.com/us/podcast/anchored-alive-with-blaze/id1848931250>

- Spotify:

<https://open.spotify.com/show/113pKZS9g8PZSP0DE4Jh9M>

Listeners can also receive Blaze’s free Emotional Alignment Starter Kit, a guided bundle of tools to help reduce overwhelm.

About Blaze Schwaller



Life coach and podcast host Blaze Schwaller brings a grounded, compassionate approach to emotional empowerment and self-alignment



Blaze Schwaller blends warmth, humor, and practical wisdom in her work, helping women reconnect with themselves during demanding seasons

Blaze Schwaller is an intuitive life coach, emotional-alignment mentor, and creator of the Anchored & Alive Method. Known for her gentle, grounded, and practical approach to emotional empowerment, she helps sensitive women build self-trust, resilience, and a life aligned with their values. Blaze was awarded the #1 Best Life Coach in Norwich, CT for 2025, achieving a 95%+ quality and satisfaction rating. Learn more at: <https://anchoredandalive.com>

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