



## Tayla Marshall

Northamptonshire Fire & Rescue

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The combination of living with chronic pain and relationship breakdowns had led to Tayla Marshall finding herself in a ‘dark place’. As the step-daughter of a retired firefighter, she was eligible to see if the The Fire Fighters Charity could help.

Tayla was invited to spend a week in Jubilee House, Cumbria, the first time she'd left the house properly in eight months: “It was daunting at first and I felt very anxious before going, but everyone there was absolutely amazing,” she says. “I felt part of a big family, which was a huge part of my healing.”

Tayla spoke to one of the psychological therapists about everything she was feeling, and, for the first time in her life, felt understood. After three days of trying different calming methods, including meditation, breathing and imagination exercises, the pair had a ‘eureka moment’.

“I couldn’t believe it,” says Tayla. “She showed me how to use pressure points on your fingers to relax, which has a similar reaction to acupuncture or reflexology. It triggers a feeling in your body, reminding you where you are. This brings you down to earth during periods of anxiety.”

Upon returning home, Tayla’s family saw an instant change in her: “She was so much more upbeat, like a lot of the monsters that were dragging her down had now been put to bed,” says step dad, Dave, who used to work in Corby fire station. “She’d been given a new direction, and a new start.”

Nearly 18 months since her visit, Tayla says she is in a much better place. Having returned back to work, she now uses the techniques she has learned to help her stay calm whenever feelings of anxiety crept up on her.

[www.firefighterscharity.org.uk/tayla-marshall](http://www.firefighterscharity.org.uk/tayla-marshall)

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