

A Gentle Support Guide

By
Awakened Embers

Understanding your anxiety,
overthinking, hypervigilance,
emotional overload, and
nervous system survival

Your not damaged and broken.
You have learned simply how to survive

Why Do I Feel This Way

- Overthinking everything
- feeling responsible for everyone else's emotions
- difficulty relaxing
- Always waiting for the bad moment to happen
- Always on alert for the danger
- Feeling guilty when you are resting
- Do you have trouble trusting YOUR decisions
- When life is calm, you don't feel calm
- Do you feel disconnected from yourself
- Exhaustion that sleep can't fix

If any of these feel familiar to you, your nervous system may still be functioning from your survival patterns.

What Survival Mode Looks Like

FIGHT • Irritable • Angry • Defensive • Easily Frustrated	FLIGHT • Overworking • Overthinking • Perfectionism • Staying busy
FREEZE • Shutdown • Procrastination • Numbness • Exhaustion	FAWN • People pleasing • Difficulty saying no • Fear of disappointing others • Taking responsibility for everyone

Which ones sound like me?

How to Ground

When It's Loud

- 5 Things I See
- 4 Things I Feel
- 3 Things I Hear
- 2 Things I Smell
- 1 Thing I Taste

Honesty Check

- What am I afraid will happen?
- What evidence supports this fear?
- What evidence challenges my current fear?
- What would I tell a trusted friend?

My Plan

When I feel overwhelmed
I will

- Drink a cold glass of water
- Go outside to sit
- Stretch those muscles
- Pray without ceasing
- Listen to my calming music
- Use my grounding exercise
- Take a shower
- Journal it
- Call someone safe

My Safe People:

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-
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Scriptures

Isaiah 41:10

Fear not, for I am with you.

Psalms 46:10

Be still and know that I am God

Matthew 11:28

*Come to me, all who are weary and
burdened*

A Special Note From Awakened Embers



Healing doesn't occur because you
become stronger from your past.
Healing happens when your body
begins to understand you don't have
to fight every moment anymore.

There is hope.

There is healing.

And you my friend are not walking
this road alone anymore.