

BY ANANDA RISING AYURVEDA

Escape

SURVIVAL
MODE

COME HOME TO
YOURSELF IN JUST
10 MINUTES A DAY

If you're reading this...

You're probably running on fumes.

Floating between overwhelm, overstimulation, and "if one more person says 'Muuuum' I'm going to evaporate."

You might love your family deeply... and still fantasise about a hospital vacation just to get a break.

You might be:

- stuck on autopilot
- snapping at everyone
- resentful
- bone-tired
- disconnected from yourself
- unsure what "normal" even feels like anymore

YOU'RE NOT LOST FOREVER

Your body is stuck in Survival Mode, and Survival Mode is a pattern.

The good news?..... Patterns can shift.

This tiny reset is your first step out.



What Survival Mode Actually Is?

Survival Mode is what happens when your body decides, **“Everything is urgent, and I have no backup.”**

NERVOUS SYSTEM

You're living from fight, flight, or freeze.

Your body is pumping stress hormones just to get through breakfast

It's not your fault.
It's your load — not your lack.

THE ENERGY EQUATION

We are all made up of a unique combination of 3 Energies. When you are in survival mode, these 3 energies get scrambled.

WHAT IT FEELS LIKE

- constant rushing
- decision fatigue
- digestive chaos
- zero capacity
- no joy
- waking exhausted
- wishing you could “tap out”
- no village, no space, no break

VATA

Overwhelm, anxiety, scattered thoughts

PITTA

Rage spikes, resentment, irritability

KAPHA

numbness, shut-down, “I can't” feelings

why?

The Scrambled Energies

Survival Mode is not one energy out of balance. It's all three screaming for stability.

It's not your lack, it's your load

Why you can't "just snap out of it"

Survival Mode changes how your body works:

- Your digestion slows (hello bloating, nausea, cravings).
- Your hormones shift (hello mood swings + zero patience).
- Your mind starts circling the same thoughts over and over, trying to keep you safe.
- Your body goes into energy-saving mode - like your phone on 2%. Just enough to survive, not enough to thrive.

*You cannot mindset your way out of Survival Mode.
You have to regulate your way out.*

Your next step is gentle.
Doable.
And deeply effective.



The 3 Things keeping you stuck

1

Rushing through EVERYTHING

You've been in "go-go-go" mode for so long your body thinks that's just the vibe now.

It doesn't know you're just trying to keep the house from imploding — not running from a tiger.

2

Skipping meals or grazing on scraps

You can't regulate a nervous system on toast crusts and kids' leftovers.

Blood sugar crashes feel like danger → so your body doubles down on Survival Mode.

3

Zero sensory boundaries

Noise. Demands. Clutter.

Notifications. Kids climbing you. It's a lot. And when you never get a moment that actually belongs to YOU, your system stays parked in "high alert."

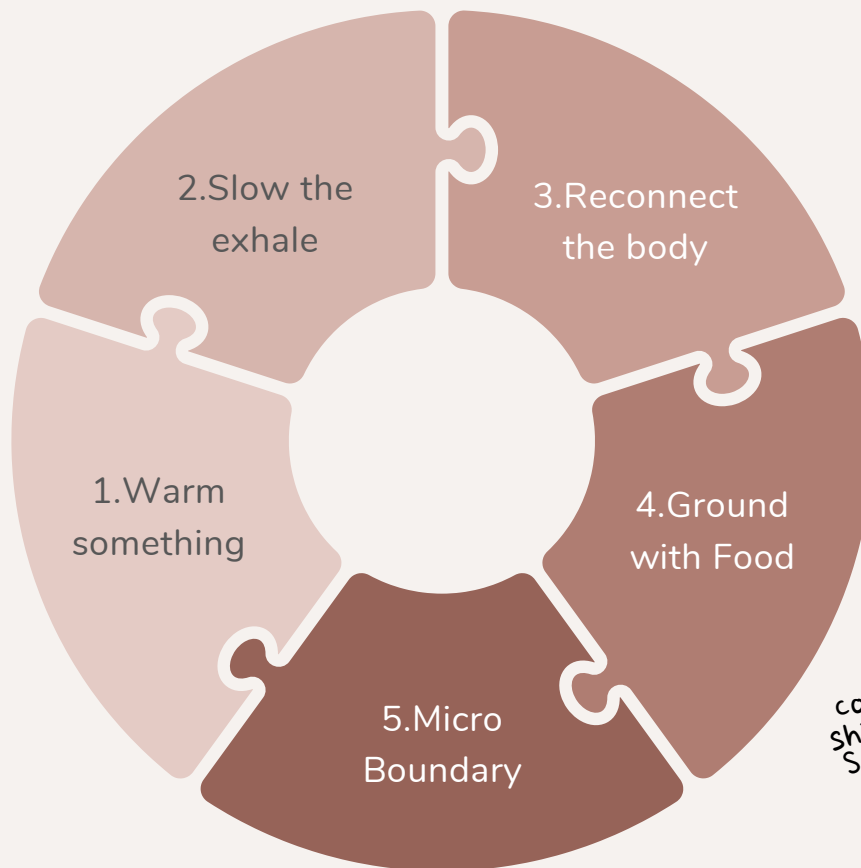
(And nope — you can't unfollow your kids. I checked.)

Awareness is the doorway out — not perfection

You can't shift what you can't see

The 10-Minute Peace Puzzle

Step into regulation one piece at a time



- 1 Warm something**
Tea, hot water, cacao, broth - warmth tells your body “we’re safe now.”
- 2 Slow the exhale**
Inhale for 4. Exhale for 6–8. Repeat twice. (Your vagus nerve just sighed in relief.)
- 3 Reconnect - Hand on heart, hand on lower belly**
This reconnects upper + lower body, Vata + Pitta energies.
Take a breath & say quietly: “I’m safe in this moment.”
- 4 Ground with food**
A date, leftover rice, nuts, warm oats, banana with cinnamon, anything stabilising.
- 5 Micro Boundary**
Close a door if you can.
Turn your back to the room if you can’t.
Say out loud or in your mind:
“For the next two minutes, I am off-duty.”

How to Make Your Peace Puzzle Actually Work

Tiny tweaks that turn your 10 minutes into real regulation

1 *Warm Something (NOT coffee)*

Warmth says “we’re safe now.”

Coffee says “we’re being chased.”

Choose: tea, cacao, broth, or just hot water.

Skip coffee here — it spikes the very chemicals you're trying to settle.

(If you want my guide on how to enjoy coffee without the fried feeling, grab it [here](#)).

2 *Why the slow exhale?*

A long exhale flips your switch from Survival Mode → Steady Mode.

Your vagus nerve is the body’s brake pedal - a long exhale presses it gently.

Extra spicy moment?

Add a gentle hum on the exhale — it vibrates the vagus nerve and calms you faster. (The kids will either laugh or give you a weird look for this one, that can help shift the mood of the moment too!)

3 *Reconnect the Body (touch = safety)*

Touch tells your system: “I’m here. I’m safe.”

You could also do this with palms pressed together, or a gentle squeeze of your upper arms.

Extra peace: step outside and put bare feet on the earth. Instant grounding, instant Vata energy soothe (Overwhelm, anxiety, scattered thoughts)

4 *Ground with Food (don’t overthink it)*

Have a stash ready so this doesn’t become another decision.

Great options:

- a date (with or without ghee)
- your fave bliss ball
- warm oats
- nuts
- leftover rice warmed with ghee + spices
- banana with cinnamon

Most important part? Sit and chew with presence and nothing cold.

🔥 Warmth = Calm ❄️ Cold = Chaos

Eating when stressed = chaotic digestion → more overwhelm.

Slow chewing = “I’m safe to receive.”

5 *Micro Boundary (make it sacred, make it real)*

Have a tiny spot that signals “off-duty now.”

It can be:

- a chair
- a cushion on the floor
- a corner with a candle
- a spot faced away from the room
- a comfy chair outside
- even just a closed door (the laundry usually works 😊)

Try putting your back against a wall = primal safety cue.

If you can't leave the room:

Look out a window into the distance.

Distance softens your nervous system's “incoming threat” radar.

Say (out loud or in your mind):

“For the next two minutes, I am off-duty.”

Your body listens.

Healing through habits

Small things done once do very little.

Small things done consistently change everything.

This is where the pattern shifting takes place.

Your nervous system doesn't heal through one big moment.

It heals through tiny, repeated signals of safety.

Every time you do the Peace Puzzle, you're stacking:

- one more moment of grounded breath
- one more moment of presence
- one more moment of nourishment
- one more moment of boundary
- one more moment of “I'm safe”

It adds up in the background, quietly and steadily.

Give it a week.

You'll feel it.

Give it a month.

You'll trust it.

Resources

If you'd like more simple nervous-system tools, Ayurvedic support, or motherhood resources, you'll find them waiting for you here:

👉 www.anandarisingayurveda.com

(free rituals, mini practices, and more — go explore)

or follow us [@anandarisingayurveda](https://www.instagram.com/anandarisingayurveda)

You don't need to do this alone.

Your path back to yourself is already unfolding.

The Needs Mandala

When mum-rage, overwhelm or shutdown hit, it isn't because you're "too emotional", "can't cope", or just a terrible human.

It's usually because a core need has gone unmet **for far too long**.

This mandala gives you a quick snapshot of where your system is asking for support.

No judgement. No perfection. Just clarity.

Awareness gives you an area of focus.

Your Mandala shows you where to begin gently tending your life when you have space.



NEEDS MANDALA

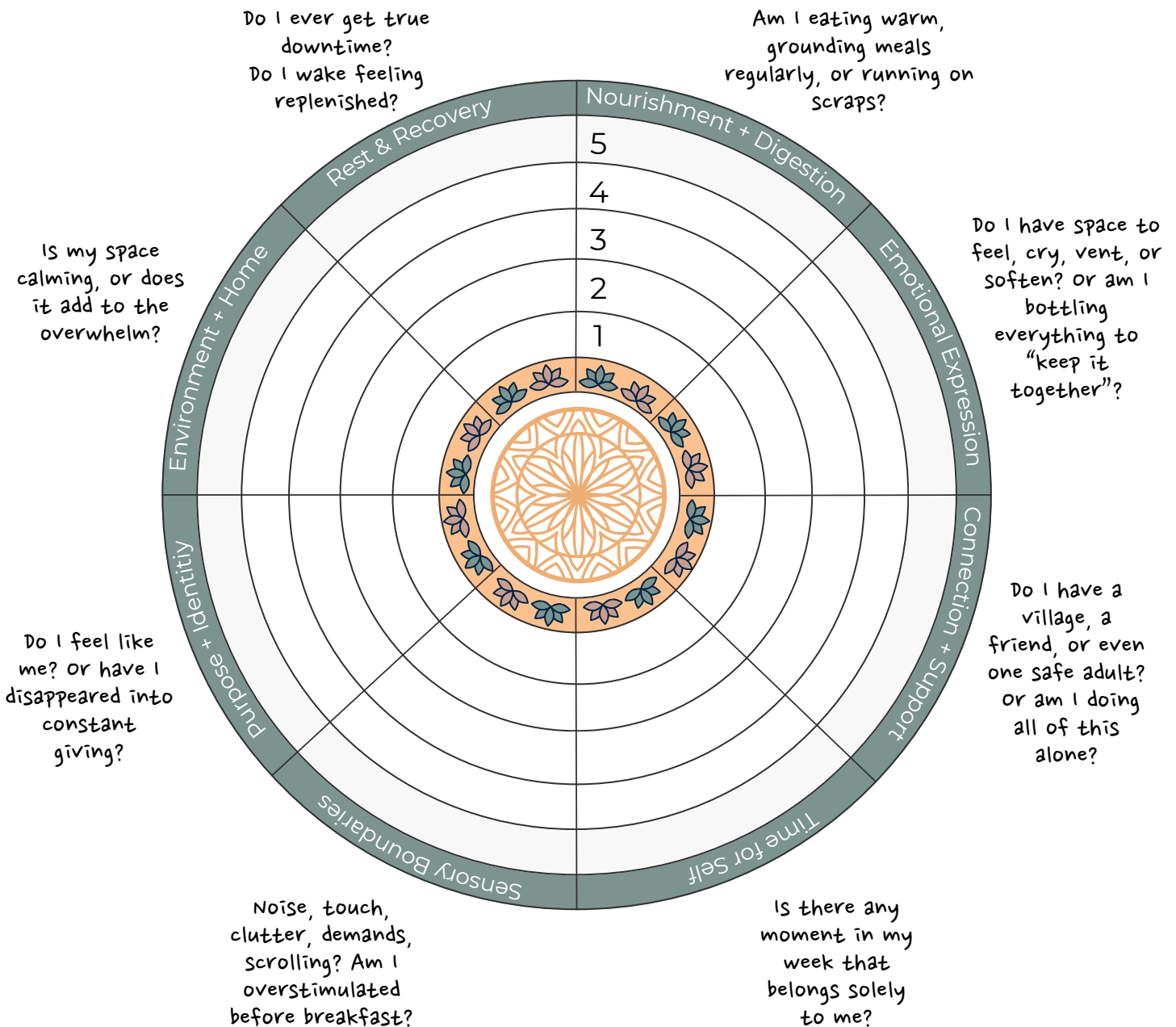
Which parts of you are running on empty?

INSTRUCTIONS:

1. Look at each section of the wheel & the corresponding prompts.
2. Rate where you currently sit from 1 (running on empty) to 5 (feel supported) by shading the corresponding number of sections
3. Notice the dips - these are your unmet needs quietly driving your overwhelm.

There's no "right score."
This is simply awareness.

Awareness, paired with small consistent habits open the doorway out of Survival Mode.





NEEDS MANDALA

Protect your needs, protect your peace.

REFLECTION PROMPTS

- Which section scored the lowest?
 - This is your unmet need calling the loudest.
- Which areas surprised you?
 - Sometimes the gaps hide in places we've normalised.
- Which one need could you gently support this week?
 - Tiny shifts → profound regulation.

***When you meet your needs, your nervous system softens.
When your nervous system softens, your whole home shifts.***

There's no magic bullet for getting out of Survival Mode — no juice, supplement, cleanse or fast that's going to fix everything for you. And honestly? You don't need one.

What works is the stuff most people overlook:
tiny, doable habits that you can weave into your real life...
no overwhelm, no drama, no extra mental load.

This reset is your starting point.
Simple. Easy. Impactful.

Moments that become habits — habits that become support — support that becomes your new normal.
And from there, we build.

You're not meant to white-knuckle your way through motherhood.
You deserve lifelines, not lectures.

Sending love + steady threads of support through the chaos, Mama.
You're doing better than you think.
And you're already coming back to yourself.