

From Surviving to Thriving

5 Mini-habits to Support your
New Path



Georgie Hunt Barnwell, BSc, MHA, DHN
Mindset & Emotional Success Coach
Master EFT Practitioner
www.georgiehunt.com
Georgie@georgiehunt.com.com
1-902-449-9820





Are You Stuck in Survival Mode?

Disconnected? Exhausted? Overwhelmed?

Unsure how to move forward?

Survival mode is how our nervous systems respond to urgent demands, and we need it in situations that require our actions. It saves us from walking into traffic! But we are not meant to stay in this mode long term.

It's easy to get stuck here as we try to meet all the demands of our lives – school, jobs, family, and the crazy world that demands more and more from us every day.

Plant your seeds of change

Develop your self-care muscle!

We know that significant change needs consistency, whether it's exercise, eating well, saving money or any change we want to experience. When we think in terms of BIG changes, it is easy to bite off more than we can chew and set ourselves up for failure.

For anyone who has read *Atomic Habits*, we know that small, consistent mini habits can bring us closer to our goals each time we use them.

This inspired me to try it out. And Guess what? I found that I moved past procrastination and resistance with more ease.

My experience, and that of many others, shows that sprinkling a few short regulation exercises throughout the day can make a huge shift in our capacity to move from surviving to thriving.

In fact, it's the foundation for success!



Regain your sense of choice and control

Thriving emerges as you reclaim your sense of safety, power, and purpose—it's a gentle but profound shift from merely getting by to truly living.

This short guide offers five foundational shifts to start your journey from surviving to thriving. These are small, self-affirming steps you can take daily.

These practices fit easily into your day and bring your nervous system to safety & stability – where you can step into thriving!



Thriving Practice #1: Create a safe and sacred space.

In Survival Mode you might feel disoriented, unmotivated, adrift, or like you've lost your direction.

Try This:

1. **Create a safe space that is yours. A room, a place in the garden or simply a chair with a shawl that marks your sacred space.** This is an external signal to your nervous system that you are safe here.
2. Anchor your morning with one simple ritual (tapping and orienting (my fave!), a stretch, tea, walk, breathwork).
3. End your day with one grounding practice (journaling, some more gentle tapping or a gratitude list).

Why it matters: Tiny, predictable actions restore your sense of choice and momentum and create more capacity in our nervous systems to hold more joy!



Thriving Practice #2: Tap into some Sweet Regulation!

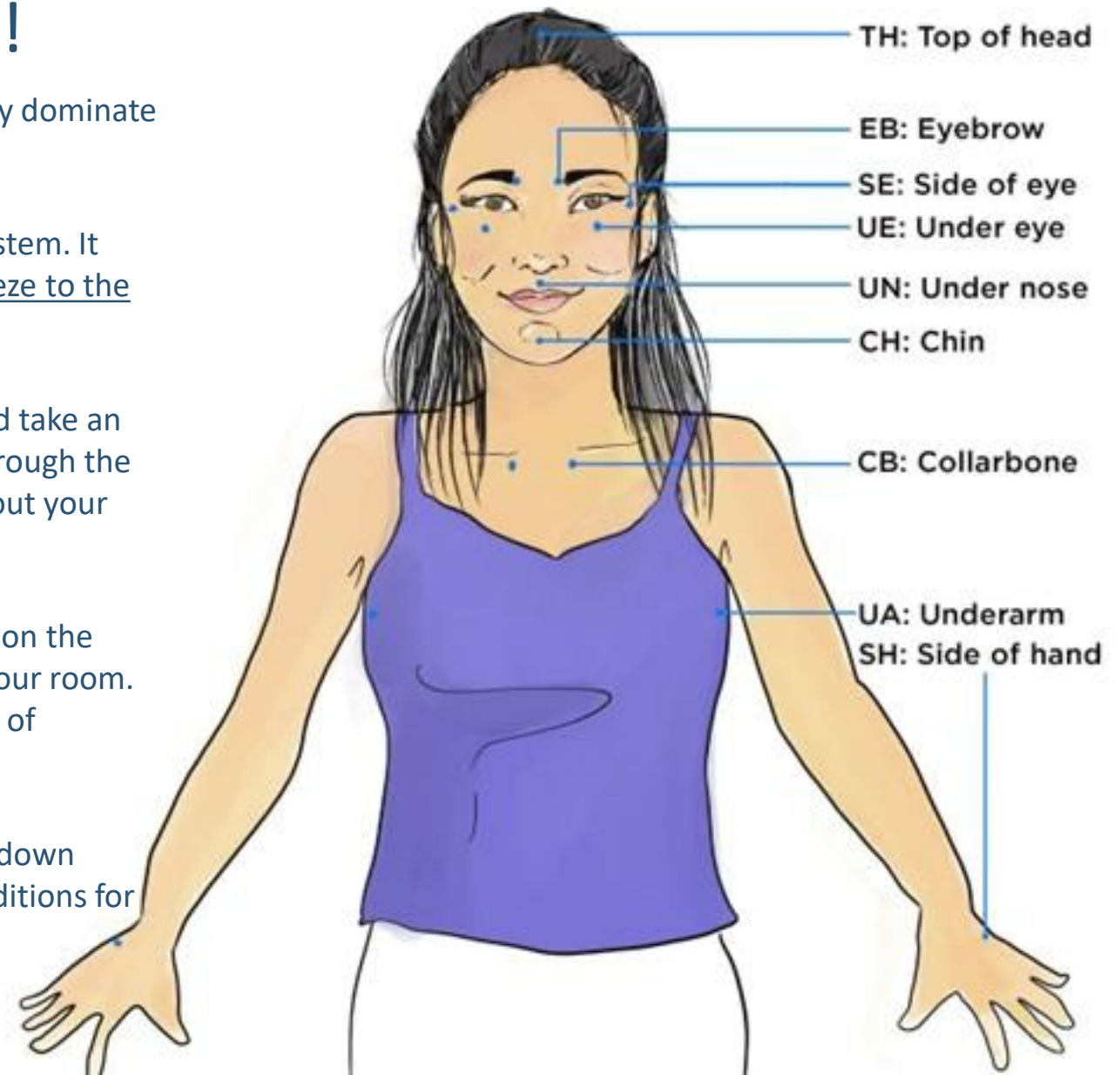
In Survival Mode: Triggers, emotional overwhelm, or shutdowns may dominate your day.

Tapping elicits a neurological reflex to down regulate the nervous system. It says “it’s safe to calm down”. Tapping brings us from fight, flight, freeze to the safety and stability of our parasympathetic system.

Try This: Simply tap gently or softly hold the points in the picture and take an easy breath in at each spot. Start at the top of the head and work through the face, upper body points and then to the fingers. Pause and then let out your breath with a soft and long sigh.

When you’ve completed one round of tapping, pause, feel your feet on the floor, feel yourself supported by your chair and gently look around your room. Notice what you see and bring to mind one thing that brings a sense of gratitude. Take another easy breath in savoring that gratitude.

Why it matters: Reminding our nervous system that it is OK to calm down opens space for new possibilities. A regulated body creates the conditions for healing, choice, and clarity.





Thriving Practice #3: Move from Disconnect & Overwhelm to Gentle Awareness

In Survival Mode: You may feel numb, disconnected from your body or emotions, or stuck in your head.

Start with gentle daily check-ins.

Try This:

Do some gentle tapping to lower arousal & ground in the present moment.

Place your hand on your heart or belly.

Ask, “What is the truth of this moment? What am I feeling right now?” without judgment. And add in some tapping again as described above.

Why it matters: Reconnection begins with awareness. When you first start this practice, you may feel too overwhelmed to notice what you’re feeling. Or you may judge ‘negative’ feelings. And that’s OK. It’s normal when we start this journey. Keep doing these practices daily and they will help you create a safe space for awareness and self acceptance.



Thriving Practice #4: Open the door to Compassionate Curiosity

In Survival Mode inner criticism and shame often thrive when we're just trying to cope.

Tapping helps us move from self blame to self compassion.

As we begin to create a regulated space of safety and stability, we can start to see ourselves through new and compassionate eyes.

Try This:

When a painful thought or behavior arises, ask:

"What unmet need or old wound might this be pointing to?"

Speak to yourself like you would to a hurting child. And do some gently tapping while you do this. [You may find it helpful to work with a coach or therapist when you start this journey. Connect with me to discuss how we can work together to support your journey.](#)

Why it matters: Compassion isn't just "being nice"—it's a powerful catalyst for change.

Thriving Practice #5: Move from Isolation to Connection

In Survival Mode isolation may feel like safety—but it often deepens our pain. We are meant for safe, soul-nourishing connection.

Try This:

Reach out to one supportive person or community.

Or let connection start with yourself: write a letter to your future self or speak aloud your truth in a safe space.

Why it matters: Healing doesn't happen in a vacuum. We need relational safety to fully thrive.



About Georgie

For most of her life, Georgie Hunt Barnwell was a high-functioning survivor, chasing perfection, caught in emotional storms, and constantly “pushing through.” But when she discovered [Conscious EFT](#), [Havening](#), and [Trauma Tapping](#), something finally shifted. Her nervous system found calm. Her days found clarity. And her work found a purpose.

Now a certified Mindset & Emotional Success Coach and Master EFT Practitioner, Georgie helps others create safety and self-trust from the inside out. Her approach is compassionate, evidence-based, and deeply grounded in lived experience



Ready for your next step?

JOIN me for a new season of classes designed to bring small, smooth steps to navigate your days with more ease, flow & confidence.

[Learn more and sign up here](#)

Book a Discovery call and ask about the special offer for 1-on-1 work with Georgie [here](#).