



5 Signs Your Nervous System is Overwhelmed

AND WHAT TO DO ABOUT IT

A Free Guide by Simone

INTRODUCTION

You are doing your best. You are keeping up, showing up and pushing through. But somewhere along the way your body started sending signals that something is not quite right.

The exhaustion that sleep does not fix. The tension you carry everywhere. The gut that feels unsettled. The heart that races for no reason. The feeling that you are always on edge, even when life is calm.

These are not random symptoms. They are your nervous system waving a white flag.

The good news is that when you understand what is happening in your body, you can begin to change it. This guide will walk you through the five most common signs that your nervous system is overwhelmed – and give you gentle, practical tools to start resetting today.



SIGN 1 – Your body holds tension even when you are resting

You sit down to relax and realise your shoulders are up around your ears. Your jaw is clenched. Your stomach is tight. You cannot remember the last time you felt truly soft and at ease in your body.

This happens because a dysregulated nervous system keeps your muscles in a state of constant readiness – braced for a threat that never comes. Your body does not know the difference between a work deadline and a physical danger. It responds to both the same way.

What to do:

Try a body scan before bed. Starting at the top of your head, slowly move your attention down through your body and consciously release each area. Breathe into any places that feel tight. Even two minutes of this practice begins to signal safety to your nervous system.



SIGN 2 – You are exhausted but cannot switch off

You are bone tired but your mind keeps racing the moment you lie down. You wake at 2 or 3am with thoughts spinning. You feel wired and exhausted at the same time and cannot understand why rest does not restore you.

This is one of the most common signs of nervous system dysregulation. When cortisol – your primary stress hormone – stays elevated for too long, it disrupts your sleep cycle and keeps your brain in a state of alert even when your body desperately needs to rest.

What to do:

Try extending your exhale. Breathe in for four counts and out for six to eight counts. A longer exhale activates the parasympathetic nervous system – your rest and digest mode – and is one of the fastest ways to lower cortisol and prepare your body for sleep. Do this for five minutes before bed each night.

SIGN 3 – Your gut feels unsettled and tense

Bloating, discomfort, an unpredictable digestive system or a gut that feels constantly knotted – these are not just digestive problems. They are nervous system problems.

Your gut and your brain are in constant communication through the vagus nerve – a long nerve that runs from your brainstem all the way down through your spine and into your digestive system. When your nervous system is overwhelmed, the vagus nerve is affected and digestion suffers. Many people spend years treating gut symptoms without realising the root cause is stored stress.

What to do:

Gentle humming or singing stimulates the vagus nerve directly and can help calm both your nervous system and your gut. It sounds simple because it is – but the science behind it is solid. Try humming softly for a few minutes each morning or during your commute.



SIGN 4 – Your body feels stuck in overdrive

Your heart races even when you are trying to rest. You startle easily. Small things feel disproportionately overwhelming. You feel like you cannot catch your breath or find your rhythm – as though your body has forgotten what calm feels like.

This is your fight-or-flight response stuck in the on position. When stress is chronic and ongoing, the nervous system loses its ability to return to baseline. It stays in survival mode not because anything is wrong right now but because it has been in that state for so long it no longer knows another way.

What to do:

Cold water on the face or wrists triggers the dive reflex – a physiological response that immediately slows the heart rate and activates the parasympathetic nervous system. When you feel your body going into overdrive, splash cold water on your face and take three slow deep breaths. It works quickly and you can do it anywhere.

SIGN 5 – You feel disconnected from yourself

You go through the motions but feel strangely numb or detached. You have lost touch with what brings you joy. You feel flat, foggy or like you are watching your own life from a distance. People around you seem fine and you cannot understand why you feel so hollow.

This is called dissociation and it is one of the nervous system's most sophisticated coping mechanisms. When stress becomes too much, the nervous system disconnects you from your feelings as a form of protection. It is not weakness. It is your body trying to keep you safe.

What to do:

Grounding practices bring you back into your body. Try the 5-4-3-2-1 technique – name five things you can see, four you can touch, three you can hear, two you can smell and one you can taste. This interrupts the dissociative state and anchors your nervous system back into the present moment.



THE MISSING PIECE

These tools are powerful starting points. But there is one thing they cannot do on their own – and that is release the stress that has already been stored deep in the body and along the spine.

Think of chronic stress like layers that build up over time. Breathwork and grounding help you manage what is happening on the surface. But to truly reset – to get to the root of why your nervous system keeps returning to overwhelm – the stored stress in the body needs to be released at a deeper level.

This is where Spinal Flow comes in.

Spinal Flow is a gentle, non-invasive technique using light touch along the spine to release blockages caused by years of accumulated stress. When the spine is clear and the nervous system is restored to balance, the whole body begins to function the way it was always designed to – with ease, energy and genuine calm.

Clients often describe feeling lighter after just one session. Sleeping better. Thinking more clearly. Feeling like themselves again.

YOUR NEXT STEP

If you recognised yourself in any of these five signs, your body is ready for something deeper.

I would love to support you.

📖 Want to **learn** more? Check out my course: Energy Reset Blueprint, a 14 day online course that guides you through yoga, breathwork, meditations and journalling to help reset your nervous system.

Click the following link: [Energy Reset Course](#) and get 30% off by using code: LESS30.

📖 Want to **heal** more?

Book a session at www.embodyzen.com.au

📍 Visit 32 Albert St, North Parramatta

"Simone is gentle and reassuring in both her words and actions. After the session I felt completely relaxed and left with a feeling of genuine positivity."
— Sheena, teacher

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