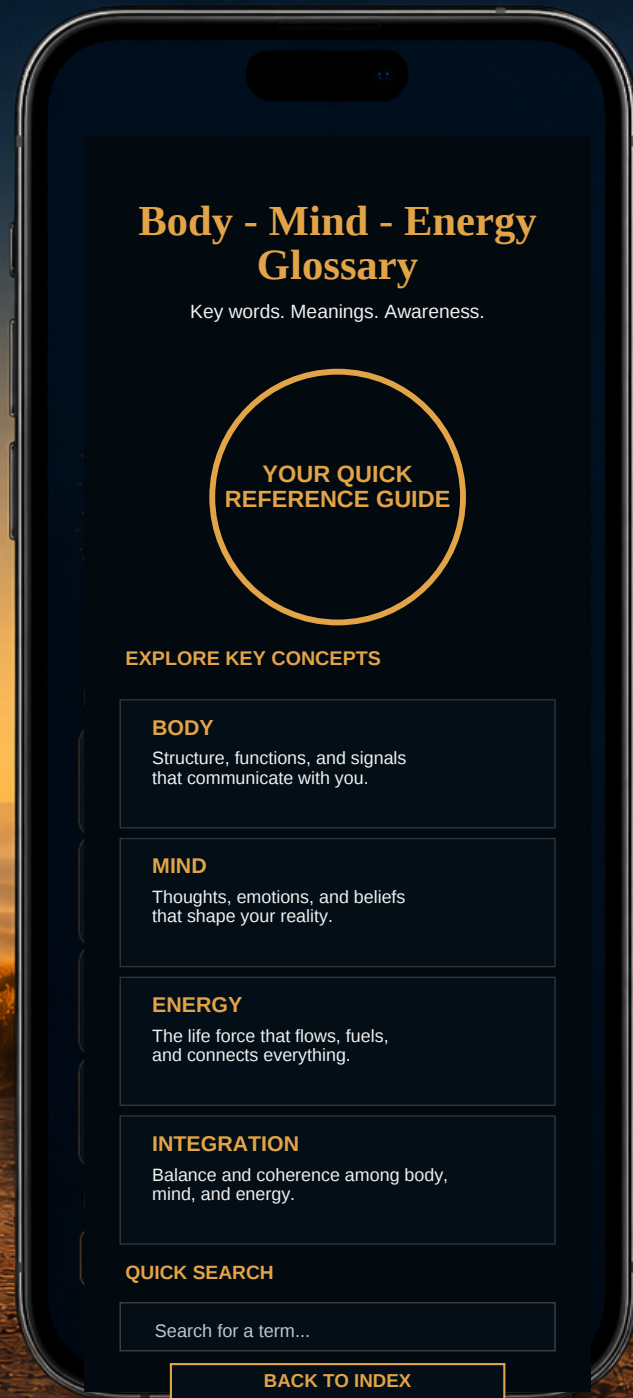


BONUS 3

A simple body - mind - energy glossary



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Survival exit method

Decode your Body's Signals, Exit Survival Mode, Return to Life.

A SIMPLE BODY–MIND–ENERGY GLOSSARY

Everything You Need to Understand Your Recovery Journey

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Quick Reference Summary

INTRODUCTION

If you've ever searched online for answers about burnout, chronic stress, or exhaustion...

You've probably found yourself drowning in complicated words.

Autonomic nervous system.

Cortisol dysregulation.

Sympathetic activation.

Parasympathetic recovery.

Decision fatigue.

Cognitive overload.

None of those terms are wrong.

They're simply not very helpful when you're already exhausted.

This glossary was created for one purpose:

To make recovery simple.

Every definition in this guide can be read in under a minute.

No medical language.

No complicated theories.

Just practical explanations you can immediately recognize in your own life.

Keep this guide nearby while reading the main book.

Whenever you encounter a term you don't fully understand, come back here.

The clearer the concepts become, the easier recovery becomes too.

HOW TO USE THIS GLOSSARY

You don't need to memorize anything.

Instead:

- Read only the words you need today.
- Highlight the ones that describe you.
- Return whenever something feels confusing.

Recovery isn't about learning more.

It's about understanding yourself better.

ENERGY

Energy isn't simply feeling awake.

It's your body's available capacity to think, move, solve problems, connect with people, and enjoy life.

Many people mistake caffeine for energy.

It isn't.

Coffee can stimulate your system.

Real energy is created through recovery.

Ask Yourself

Do I truly have energy...

—or am I just pushing myself?

FATIGUE

Fatigue isn't normal tiredness.

Sleep usually fixes tiredness.

Fatigue doesn't disappear after one good night's sleep.

It lingers.

Everything feels heavier.

Simple decisions require effort.

Even enjoyable activities may feel exhausting.

Fatigue is often your body's way of asking for recovery—
not more motivation.

BURNOUT

Burnout happens when stress lasts longer than your
recovery.

It doesn't happen overnight.

It builds quietly.

Week after week.

Month after month.

Year after year.

Burnout isn't weakness.

It's accumulated depletion.

Recovery starts when you stop treating burnout as a
personal failure.

STRESS

Stress isn't always bad.

Healthy stress helps you perform.

Learn.

Adapt.

Grow.

The problem begins when stress becomes constant.

Without recovery, even healthy stress slowly becomes harmful.

Think of stress like sunlight.

A little helps.

Too much burns.

RECOVERY

Recovery is much more than resting.

It's the process of restoring your physical, emotional, and mental resources.

Scrolling your phone for an hour may feel relaxing.

Sometimes it isn't recovery at all.

Real recovery leaves you with more energy than you had before.

NERVOUS SYSTEM

Your nervous system is your body's control center.

It constantly asks one simple question:

Am I safe?

If the answer is yes...

Your body heals.

Digests.

Sleeps.

Repairs.

If the answer is no...

Everything shifts toward survival.

FIGHT-OR-FLIGHT

This is your emergency mode.

Your body prepares to run, defend itself, or react quickly.

Your heart beats faster.

Muscles tighten.

Breathing changes.

This response saves lives during real danger.

The problem is that modern life often keeps this switch turned on for weeks or months.

REST-AND-DIGEST

This is your recovery mode.

Heart rate slows.

Digestion improves.

Healing accelerates.

Your brain becomes more creative.

You feel calmer.

Recovery only happens here.

CORTISOL

Cortisol is often called the stress hormone.

But cortisol itself isn't the enemy.

You need it every day.

The challenge begins when cortisol stays elevated for too long because your body never feels safe enough to fully recover.

ADRENALINE

Adrenaline gives you quick energy.

It's why you can suddenly feel alert during an emergency.

But adrenaline is designed for short bursts—not for everyday living.

Living on adrenaline feels productive...

until the crash arrives.

EMOTIONAL LOAD

Emotional load is everything your mind carries—even when nobody else sees it.

Worrying.

Planning.

Taking care of others.

Making decisions.

Holding difficult conversations.

Keeping emotions under control.

Sometimes emotional work is even more exhausting than physical work.

MENTAL EXHAUSTION

Mental exhaustion doesn't always mean you're thinking too much.

Often it means you've been making too many decisions without enough recovery.

Even choosing what to cook can suddenly feel overwhelming.

BRAIN FOG

Brain fog isn't a disease.

It's a description.

People experiencing brain fog often say:

"I can't think clearly."

"My memory feels slow."

"I keep forgetting simple things."

When your brain is overloaded, clarity disappears first.

RUMINATION

Rumination is when your brain keeps replaying the same thoughts without reaching a solution.

It feels productive.

Usually it isn't.

Reflection finds answers.

Rumination repeats questions.

ANXIETY

Anxiety is your brain trying to protect you from possible future danger.

Sometimes the danger is real.

Sometimes it exists only in anticipation.

An anxious brain isn't broken.

It's often simply exhausted.

EMOTIONAL RESILIENCE

Resilience isn't never feeling stressed.

It's returning to balance after stress.

Think of a healthy tree.

The wind bends it.

It doesn't permanently break it.

BOUNDARIES

Boundaries protect your energy.

They aren't walls.

They're filters.

Every "yes" costs energy.

Sometimes the healthiest decision is saying "not today."

SLEEP DEBT

Every night of insufficient sleep creates a small debt.

One weekend rarely repays months of poor sleep.

Recovery happens through consistency.

Not catch-up.

RECOVERY WINDOW

Your recovery window is the period when your body is most ready to restore itself.

Often this happens after moments of calm.

Protect these windows.

Don't immediately fill them with more work.

ENERGY BUDGET

Imagine beginning every morning with 100 energy points.

Everything costs something.

Meetings.

Emails.

Driving.

Parenting.

Exercise.

Recovery adds points back.

Stress spends them.

Spend wisely.

MICRO-RECOVERY

Recovery doesn't always require a vacation.

Sometimes two minutes are enough.

A slow breath.

A short walk.

Looking outside.

Stretching.

Closing your eyes.

Small recoveries accumulate.

RECOVERY RITUAL

A recovery ritual is a simple habit repeated every day that tells your nervous system:

"You are safe now."

It could be reading.

Tea.

Music.

Breathing.

Journaling.

Consistency matters more than duration.

RECOVERY SCORE

Your Recovery Score is your personal snapshot of how restored your body and mind feel today.

It isn't a medical diagnosis.

It's a way to notice patterns over time.

The goal isn't perfection.

It's awareness.

QUICK REFERENCE SUMMARY

When life feels overwhelming, remember these simple truths:

- Stress spends energy.
- Recovery restores energy.
- Your nervous system constantly searches for safety.
- Small recovery moments matter.

- Healing is a process —not a race.
- Consistency beats intensity.
- Burnout develops gradually.
- Recovery develops gradually too.
- Your body is not working against you.
- It is always trying to protect you.

Final Reflection

Knowledge alone doesn't create recovery.

But confusion often prevents it.

The more clearly you understand what your body is trying to tell you, the easier it becomes to respond with compassion instead of frustration.

You don't need to become an expert in neuroscience.

You simply need to become an expert in **your own signals**.

And every step toward understanding is already a step toward recovery.

A Simple Body-Mind-Energy Glossary

The Recovery Companion You'll Keep Coming Back To

- Cover
- Copyright
- Table of Contents

Welcome (2 pages)

- Why this glossary exists
- How to use it
- How it complements the main book

PART I

Understanding Your Body

- Energy
- Fatigue
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- Fight-or-Flight

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PART II

Understanding Your Mind

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PART III

Everyday Recovery

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- Recovery Ritual
- Recovery Score

NEW PREMIUM SECTION

Body Signals Cheat Sheet

A highly visual two-page spread.

If You Notice...	Your Body May Be Asking For...
Constant yawning	Recovery
Brain fog	Mental rest
Tight shoulders	Safety
Irritability	Less stimulation
Craving sugar	Stable energy
Poor sleep	Nervous system calming
Emotional numbness	Gentle reconnection
Feeling overwhelmed	Smaller steps
No motivation	Recovery before productivity
Racing thoughts	Slower pace
Digestive discomfort	Less stress load
Frequent sighing	Deeper breathing

At the bottom of the page:

**Your body rarely whispers without a reason.
Learn to listen before it has to shout.**

NEW PREMIUM SECTION

Recovery Myths vs Reality

This is one of the sections that resonates especially well with U.S. readers.

MYTH

"I just need more willpower."

REALITY

Willpower cannot replace recovery.

MYTH

"If I slow down, I'll fall behind."

REALITY

Without recovery, you'll eventually stop altogether.

MYTH

"Being busy means being productive."

REALITY

Constant busyness often hides constant exhaustion.

MYTH

"I'll rest after this project."

REALITY

There will always be another project.

Recovery has to happen along the way.

MYTH

"Coffee gives me energy."

REALITY

Coffee creates stimulation.

Recovery creates energy.

MYTH

"I should be able to handle this."

REALITY

Every nervous system has limits.

Ignoring them doesn't make them disappear.

NEW PREMIUM SECTION

Change the Conversation With Yourself

One of the most powerful sections.

Instead of saying...

"I'm lazy."

Try saying...

"My energy reserves are running low."

Instead of...

"I should push harder."

Try...

"What would help me recover first?"

Instead of...

"I've failed."

Try...

"My body is asking for something different."

Instead of...

"I need to keep going."

Try...

"I need to recover so I *can* keep going."

Instead of...

"I'm broken."

Try...

"My nervous system has been under pressure for too long."

Instead of...

"Why can't I cope?"

Try...

"What has my body been carrying lately?"

NEW PREMIUM SECTION

The Recovery Formula

A poster-style page.

NOTICE

Recognize the signal.



PAUSE

Stop adding more pressure.



RECOVER

Give your body what it actually needs.



REPEAT

Small actions create lasting recovery.

Bottom quote:

Recovery is rarely one big breakthrough.

It's hundreds of small moments of listening to your body.

NEW PREMIUM SECTION

Recovery in One Minute

A page to read every morning.

Today...

☐ Did I breathe slowly?

☐ Did I drink enough water?

- ☐ Did I move my body?
- ☐ Did I pause at least once?
- ☐ Did I notice my energy?
- ☐ Did I protect one boundary?
- ☐ Did I rest before I felt exhausted?

Score:

0–2

Survival Mode

3–5

Recovery Needed

6–7

You're Supporting Your Nervous System

NEW PREMIUM SECTION

Quick A–Z Recovery Index

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Rumination

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Stress

Final Reflection

Add a more emotional two-page closing here, distinct from the other bonuses:

diversa dagli altri bonus:

You don't need to remember every definition in this guide.

You only need to remember one thing:

Your body has been speaking to you every single day.

Not to make your life harder...

But to help you protect it.

The more fluent you become in the language of your body,
the less frightening your symptoms become.

Recovery doesn't begin when life becomes easier.

Recovery begins when understanding replaces confusion.

And today, you've already taken that first step.

Dr. Gianmario Governato

