

Reconnect & Realign

A gentle guide to move from
burnout to calm + clarity



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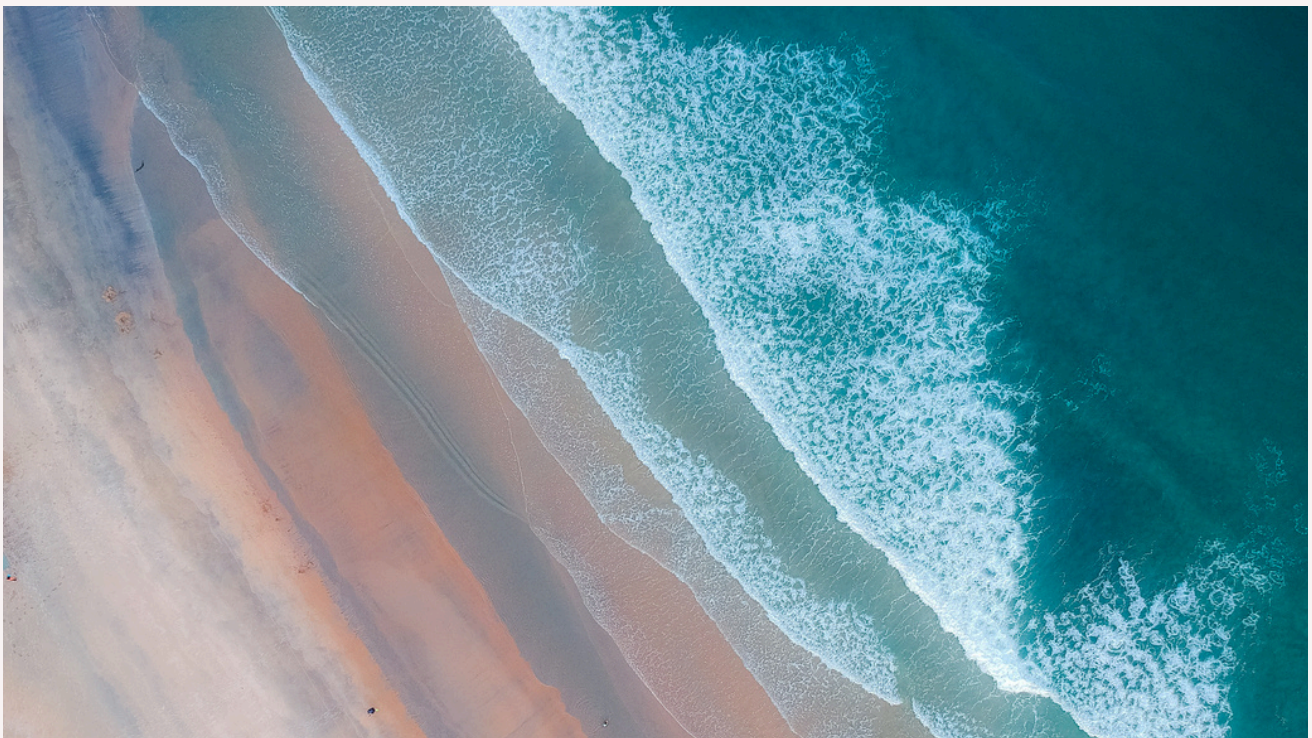
Acknowledgement of Country

I am grateful to live on the beautiful southern coast of Western Australia in Kinjarling / Albany.

I acknowledge the Menang people of the Noongar Nation as the Traditional Custodians of this land and pay my respects to Elders past and present. I extend that respect to all Aboriginal and Torres Strait Islander peoples.

I honour their enduring connection to Country — to lands, waters, skies, culture, and the stories and wisdom that continue to shape this place and its people.

May we learn from Country, care for Country, and allow Country to care for us.





Welcome

Hi, I'm Heidi — recovering people-pleaser, chronic over-functioner, and someone who has often said “I'm fine” while quietly falling apart on the inside.

If you're reading this, there's a good chance you've been carrying more than a human heart and body were designed to hold. Maybe you've been:

- running on autopilot
- moving from crisis to crisis
- giving so much there's nothing left for you
- tired in a way sleep doesn't touch

If so, I want you to know this:

I see you. I've been there. And you're not alone.

This guide is part of my brand-new project, The Whole Vibe — something I've been quietly dreaming about for years, but only recently felt brave enough to create. After a long run in helping professions — teaching, social work, youth work and career development — I've realised something important. While I care deeply about the young people I support, my heart is now calling me to support the women supporting everyone else.

The women who turn up, hold space, fix things, soothe things, juggle things, and somehow still remember to bring cake to the staff morning tea.

The name **The Whole Vibe** came from something I had lost, and slowly found again. I wanted to feel whole: whole-hearted, whole-bodied, whole-energy... not the disassembled version of myself held together by to-do lists, caffeine, and “I’m fine.”

The Whole Vibe is about creating a space where women like us get to breathe, reconnect, and reclaim ourselves — without guilt, without needing permission, and without waiting until we’re burnt to a crisp.

You’ll also notice the dandelion features as the icon for **The Whole Vibe**. I chose it because it represents resilience, release, emotional healing, hope, growth and transformation.

Plus, let’s be honest: a dandelion is hardy as hell. It thrives in cracks, grows where it shouldn’t, and still manages to look delicate and poetic.

Relatable?

This guide is a soft landing — a pocket of calm to help you:

- slow down
- reconnect with yourself
- remember what actually matters (hint: it’s not your overflowing inbox)
- take one small, compassionate step toward realignment

Before you begin, take a slow breath.

This moment is yours — no one else gets to claim it.

Heidi



My Story

For years, I have worked in roles that have asked me to hold the emotional weight of everyone around me. As a teacher, social worker, and now as a careers practitioner, I have supported young people through trauma, disengagement, crisis, and chaos. I care deeply, and I have carried deeply.



The constant giving eventually caught up with me.

Burnout, for me, looked like:

- emotional and physical exhaustion
- brain fog + forgetfulness
- anxiety spikes
- numbness and detachment
- trouble sleeping
- irritability
- hyper-responsibility
- comfort eating
- wine becoming a nightly “coping strategy”
- feeling tired down to the bones
- pushing through because “the kids need me”

I told myself I was fine... until one morning, I wasn't.



The Breaking Point

While driving on my way to work one morning, I was hit with a panic attack.

My heart raced.

My breath disappeared.

Panic flooded my body so fast I had to pull over.

I regrouped, called in sick, drove home, and carried that moment quietly for months. No one at work knew. I didn't want to disappoint anyone.

With the support of an external supervisor and a psychologist, I slowly understood that I wasn't weak ... I was burnt out.

And something had to change.

But change wasn't instant. I switched roles, then switched again, still helping young people, still over-functioning, still coping in ways that numbed rather than nourished.

The Second Wake-Up Call

Years later, burnout started creeping back in — not subtly this time, but with all the familiar signs I'd been trying to ignore. My caseload had exploded, the work was increasingly complex, and the expectations I placed on myself were honestly higher than anything my managers ever demanded. My to-do list seemed to have grown its own limbs, and the workplace vibe didn't help — the boys' club energy, and the imbalance that comes with it, was alive and well.

The symptoms gathered around me like old, unwelcome acquaintances — negative office banter, comfort eating, daily wine o'clock, restless nights, that buzzing anxiety sitting just under my skin. I remember thinking, *Oh no... I know this feeling*. The last thing I wanted was another panic attack — or something scarier. It became crystal clear that if I didn't make a change soon, my body was going to make it for me.

That's when I enrolled in an 8-week Mindfulness-Based Stress Reduction course — and it changed everything.

I learned to slow down. To breathe. To notice my thoughts rather than drown in them. To let go of what wasn't mine to carry. To accept instead of strive. To come back into my body.

Mindfulness became a lifeline.

Movement and healthier food returned. Alcohol lessened. Boundaries developed. Rest became allowed rather than earned.

It wasn't perfect, but it was real.



Mindful Steps to Reconnect & Realign



You don't need to overhaul your life to feel better. Realignment begins with small, intentional moments of awareness — gently returning to yourself, again and again.

These mindful practices are invitations, not rules. Take what resonates. Leave what doesn't.

Mindful Breaths

When life feels overwhelming, the breath is the quickest way home.

A few slow, conscious breaths can help settle your nervous system and bring you back into the present moment — even on the busiest days.

Try this:

Pause for a moment.

Inhale slowly through your nose.
Exhale gently through your mouth.
Repeat a few times, letting your shoulders soften.

Ask yourself:

What do I notice in my body right now?



Mindful Moments in Nature

Nature has a remarkable way of grounding us — especially when we allow ourselves to be fully present with it. This doesn't require long hikes or perfect conditions. Small moments count.

Try this:

Pause to watch the birds.

Notice what's growing in your garden.

Feel the sun or wind on your skin.

Smell the earth after rain.

Let yourself simply be with nature, rather than rushing through it.

Ask yourself:

What can I notice right here, right now?



Mindful Movement

Movement doesn't need to be punishing or productive to be beneficial. It simply needs to feel good in your body.

For me, mindful movement looks like bush or beach walks and practicing yoga — moving in ways that feel nourishing rather than exhausting. For you, it might be a walk, a swim, stretching, gardening, or dancing in the kitchen.

Try this:

Choose one form of movement that brings you joy
- not obligation.

Move slowly enough to notice how your body feels.

Ask yourself:

What kind of movement does my body need today?



Mindful Eating

Burnout often disconnects us from our bodies — including how, when, and what we eat. Mindful eating isn't about restriction or perfection. It's about slowing down, noticing, and nourishing yourself with care.

Try this:

Eat one meal or snack without multitasking. Notice the taste, texture, and smell of your food. Offer a quiet moment of gratitude for nourishment. If you choose something indulgent or delicious, allow yourself to truly enjoy it — slowly, fully, and without guilt.

Ask yourself:

What would feel nourishing right now?



Mindful Reflection

Reflection doesn't need to be heavy or intense. It can be gentle, curious, and compassionate. This is where you begin to reconnect with what matters to you — your values, needs, and inner signals.

Try this:

Take a few minutes to journal or reflect quietly.

Ask yourself:

What feels heavy right now?
What feels supportive or alive?
What might be missing?

There are no right answers — only honest ones.



Mindful Shifts

Realignment happens through small, intentional changes — not dramatic overhauls.

A mindful shift might look like:

- saying no to one thing
- creating space for rest
- choosing an earlier night
- spending more time outside
- setting a boundary that honours your energy

Try this:

Choose one small shift that feels supportive this week.

Ask yourself:

What's one simple change I can make that honours my wellbeing?



A Gentle Reminder

You don't need to do all of these. You don't need to do them perfectly. Even one mindful moment can be enough to begin realignment.



Small shifts,
practiced with
kindness,
create meaningful
change over time.

A Mindful Check-In

This simple self check-in is an invitation to pause, notice, and reconnect — without pressure or expectation.

Find a quiet moment, take a slow breath, and gently reflect on the questions below. You can write them down, think them through, or simply notice what arises.

- What feels heavy in my body or mind right now?
- What has felt nourishing or supportive lately — even in small ways?
- Where have I noticed moments of presence or calm?
- What does my body need more of in the coming days?
- What is one mindful shift I could make this week to care for myself a little better?

Let curiosity lead, not judgement.

You can come back to these questions anytime you need to reset.



Before You Go

Thank you for taking this time for yourself.

If you've made it to the end of this guide, I hope you're feeling just a little more grounded — perhaps a touch calmer, or more connected to what your body and heart have been quietly asking for.

Before you close this eBook, I want to remind you of something:

You don't need to practice all of the mindful steps.

You don't need to get them “right.”

You don't need to add another thing to your already-full to-do list.

Realignment happens through awareness — through noticing.
Through small, mindful moments woven into everyday life.

One breath.

One walk.

One pause before a meal.

One moment of being fully present with what's around you...

*... that
is enough*





As you move back into your day, I hope you carry this with you:

You are allowed to slow down.

You are allowed to choose yourself.

**You are allowed to tend to your own wellbeing —
even in small, imperfect ways.**

And if all you manage today is one mindful breath, one moment of presence, or one gentle boundary...

that is how you begin.

With care,

Heidi

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