

REFLECTIVE PAUSE

A Reflective Guide by Renata Fulawka

Why Can't I Calm Down?

A gentle companion for understanding your nervous system



GetToKnowYourselfCounselling.com

 Get to
Know
Yourself
COUNSELLING

Why Can't I Calm Down?

UNDERSTANDING AN OVERACTIVE NERVOUS SYSTEM

When your mind is ready to rest but your body is not

Difficulty calming down is not necessarily a lack of willpower. Sometimes the body remains prepared for danger even when the present moment is relatively safe.

This companion offers a quiet opportunity to notice your own signals of activation and settling, followed by one gentle present-moment practice.

INSIDE THIS COMPANION

A quiet colouring pause | Reflective prompts | An orienting practice

GET STARTED...

Choose a word or phrase that helps your body feel safe, then draw it into the next page as a reminder you can return to.





Noticing activation and settling

The goal is not to force yourself to feel calm. Begin by becoming curious about the signals your body is already giving you.

What does calm feel like in my body, if I can remember experiencing it?

What physical sensations tell me my system may be becoming activate

Which people, places or routines help my body feel a little safer or more settled?

What is one small signal that tells me I am beginning to come back down?

Orienting to the present moment

This is an invitation to gently notice where you are. You do not need to force relaxation or convince yourself that everything is fine.



Let your eyes move slowly around the space without searching for anything in particular.



Name five neutral details you can see: a colour, shape, texture, object or source of light.



Notice the surface supporting you – the chair, floor or bed beneath your body.



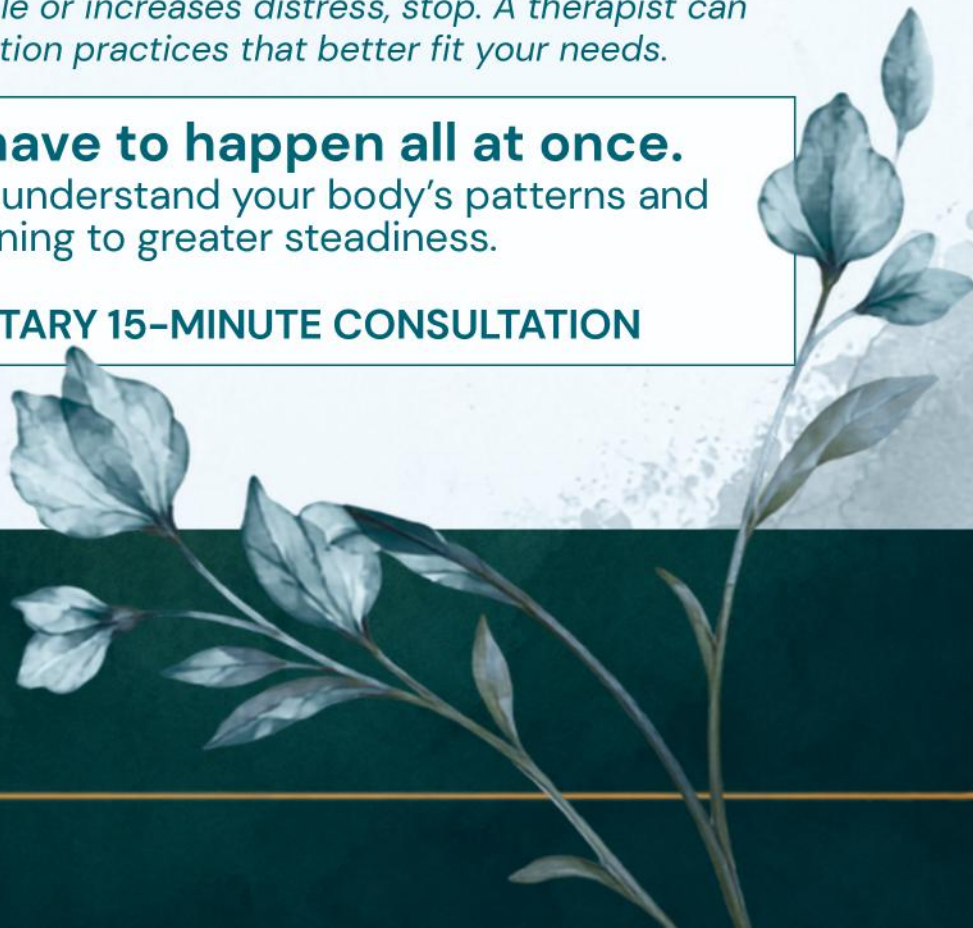
Allow one comfortable, unforced exhale. Then notice whether anything shifted, even slightly.

If this feels uncomfortable or increases distress, stop. A therapist can help you find regulation practices that better fit your needs.

Calm does not have to happen all at once.

Therapy can help you understand your body's patterns and practise ways of returning to greater steadiness.

BOOK A COMPLIMENTARY 15-MINUTE CONSULTATION



A GENTLE REFLECTION

Finding it difficult to calm down is not proof that you are failing, overreacting or doing something wrong. It may be a nervous system that has learned to remain prepared—even when the present moment is relatively safe.

With practice, you can begin to notice the earliest signs of activation and offer your body small, repeated cues of safety. The goal is not to feel calm all the time. It is to develop greater flexibility—the ability to move through stress and gradually find your way back to steadiness.

YOU DON'T HAVE TO NAVIGATE THIS ALONE

At Get to Know Yourself Counselling, we believe healing begins with understanding yourself—not judging yourself.

Therapy can offer a supportive space to understand your nervous system's patterns and practise ways of returning to greater steadiness.



GetToKnowYourselfCounselling.com

Toronto | Wasaga Beach | Virtual across Ontario