



HYPERVIGILANCE

OVERDRIVE MODE: FIGHT OR FLIGHT

Your nervous system is on high alert, scanning for danger. It's trying to protect you—but it can keep you stuck in overdrive.



IN EVERYDAY LIFE

You may be in hypervigilance when you:

- Race your thoughts and can't slow down
- Feel irritable, on edge, or easily frustrated
- Speak quickly or feel the need to rush
- Experience tightness in your chest, jaw, or shoulders
- Have trouble sleeping or stay alert at night
- Overthink decisions or struggle to relax, even in safe spaces
- Feel like you must always be "on" and in control
- Take on too much and feel guilty saying no
- Believe "If I don't do it, it won't get done."
- Find it hard to trust others
- Anticipate the worst or jump to conclusions



WHAT IT FEELS LIKE

Anxiety, tension, anger, overwhelm, urgency, restlessness, exhaustion.



AT ITS CORE

Your system is trying to keep you safe by scanning for threats—real or perceived.



IN ADVOCACY WORK

You may be in hypervigilance at work when you:

- Constantly check email, messages, or notifications
- Feel responsible for everyone's needs or outcomes
- Feel urgency to fix everything now
- Struggle to delegate or trust others
- React strongly to feedback or setbacks
- Take on more cases, tasks, or projects than you can handle
- Have a hard time letting go of a case or situation
- Feel on edge in meetings, calls, or difficult conversations
- Struggle to unplug after work
- Seek perfection and are hard on yourself
- Burn out from pushing beyond your limits
- Celebrate wins but never feel satisfied



WHAT IT FEELS LIKE

Burnout, stress, reactivity, compassion fatigue, frustration, strained relationships.



WHY IT MATTERS

Hypervigilance can help you survive a threat—but living in it long-term can drain your energy, impact your health, and make it harder to think clearly, connect, and lead with compassion.





HYPOVIGILANCE

SHUTDOWN MODE: FREEZE OR FAWN

Your nervous system is under-responsive, trying to protect you by disconnecting. It can leave you feeling numb, unmotivated, and disconnected.



IN EVERYDAY LIFE

You may be in hypovigilance when you:

- **Feel numb, empty,** or emotionally flat
- **Experience brain fog** or trouble concentrating
- **Feel low energy** or chronic fatigue
- **Lose interest** in things you once enjoyed
- **Avoid tasks** or responsibilities
- **Procrastinate** or feel stuck
- **Feel disconnected** from yourself or others
- **Struggle** to make decisions
- **Sleep too much** or never feel rested
- **Feel unmotivated** or “what’s the point?”
- **Scroll, zone out,** or dissociate for long periods
- **Feel heavy, hopeless,** or withdrawn
- **Find it hard** to show up for yourself
- **Go through the motions** of daily life without feeling present



WHAT IT FEELS LIKE

Numbness, emptiness, sadness, hopelessness, disconnection, apathy, exhaustion.



AT ITS CORE

Your system is trying to protect you from feeling overwhelmed, unsafe, or unable to cope.



IN ADVOCACY WORK

You may be in hypovigilance at work when you:

- **Feel overwhelmed** and shut down
- **Avoid** opening emails or important tasks
- **Disengage** in meetings or collaboration
- **Have difficulty** focusing on cases or projects
- **Feel disconnected** from your purpose or the mission
- **Feel cynical** or like “nothing will change”
- **Call in sick** or isolate more often
- **Struggle** to care or feel emotionally detached
- **Miss deadlines** or lose track of time
- **Use distractions** to avoid hard emotions
- **Feel invisible,** unappreciated, or depleted
- **Have a hard time** celebrating wins or impact
- **Feel like** you’re just surviving the workday, not leading it
- **Lose motivation** to keep advocating for change



WHAT IT FEELS LIKE

Disengagement, missed opportunities, isolation, depression, exhaustion, decreased effectiveness.



WHY IT MATTERS

Hypovigilance may feel safer in the short term, but staying disconnected can drain your energy, impact your well-being, and make it harder to connect, lead, and create change.





REFLECTION PROMPT

Pause. Notice. Reflect.



*Awareness is the first step, Regulation is the next. Choice is the goal.
Take a few minutes to check in with yourself honestly and without judgment.*



1. WHAT DO YOU DEFAULT TO?

Which patterns or habits show up most for you when you're stressed?

POSSIBLE PATTERNS:

- Overdrive (pushing, controlling, overthinking)
- Avoidance (procrastinating, withdrawing, distracting)
- People-pleasing (over-giving, saying yes, over-responsible)



2. WHAT DOES STRESS FEEL LIKE IN YOUR BODY?

Where do you feel it? What sensations show up most often?

COMMON PLACES WE HOLD STRESS:

- Shoulders, neck, or upper back
- Jaw, face, or temples
- Chest or tightness in your breath
- Stomach or digestive system



3. WHAT DOES STRESS LOOK LIKE IN YOUR LEADERSHIP OR WORK?

How does it impact how you show up for your team, clients, and the mission?

COMMON EXAMPLES:

- Shorter temper, less patience, or reactivity
- Difficulty focusing, making decisions, or delegating
- Withdrawing, overworking, or taking on too much

*You can't pour from an empty cup.
Your regulation is your leadership.*





TWO BREATHING TECHNIQUES





Simple tools to regulate your nervous system.



1. 4-7-8 BREATH

A calming breath that helps reduce anxiety, quiet the mind, and promote rest. Best used when you're feeling overwhelmed, racing, or having trouble sleeping.

HOW TO PRACTICE

- 1  **Inhale** through your nose for a count of 4.
- 2  **Hold** your breath for a count of 7.
- 3  **Exhale** slowly through your mouth for a count of 8.
- 4  **Repeat** 4 cycles or as needed.



BENEFITS

- Activates the body's relaxation response
- Lowers heart rate and blood pressure
- Calms the mind and reduces stress
- Supports better sleep
- Creates space between stimulus and response



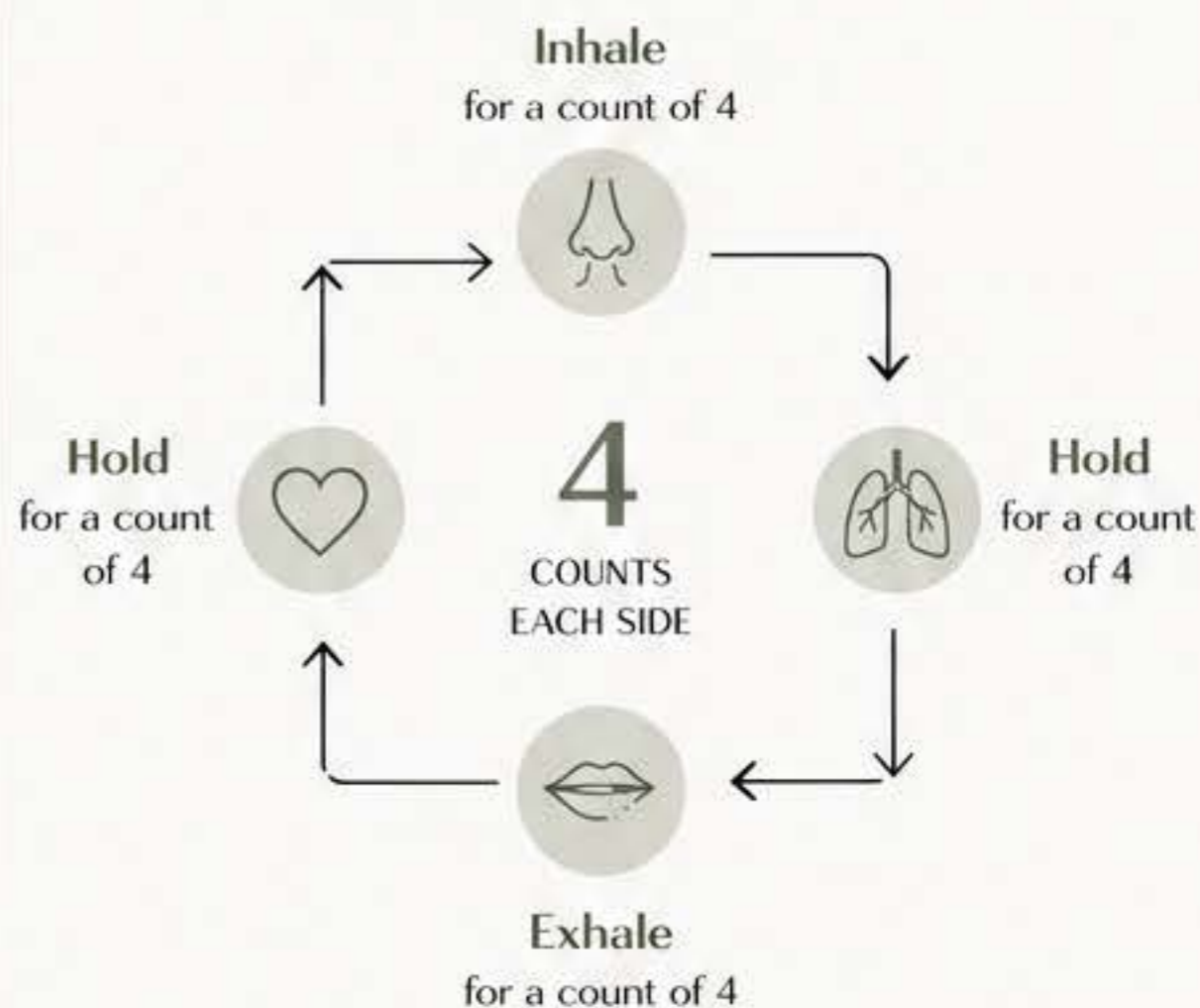
WHEN TO USE

Before bed, during moments of anxiety, or anytime you need to reset and come back to center.

2. BOX BREATH (COUNT OF 4)

A grounding breath that builds focus, balance, and calm. Great for resetting, staying present, or before important conversations.

HOW TO PRACTICE



BENEFITS

- Brings balance to the nervous system
- Improves focus and concentration
- Reduces stress and emotional reactivity
- Enhances self-control and presence
- Easy to use anywhere, anytime



WHEN TO USE

Before meetings, during stressful moments, or anytime you want to feel grounded, steady, and in control.



TIPS FOR BOTH PRACTICES

- Sit or lie down in a comfortable position.
- Keep your spine tall but relaxed.
- Place one hand on your chest and one on your belly.
- Breathe through your nose unless directed otherwise.
- Practice with patience—consistency creates change.

“

*Your breath is always with you.
It's your anchor, your reset,
and your way back home to yourself.* ”

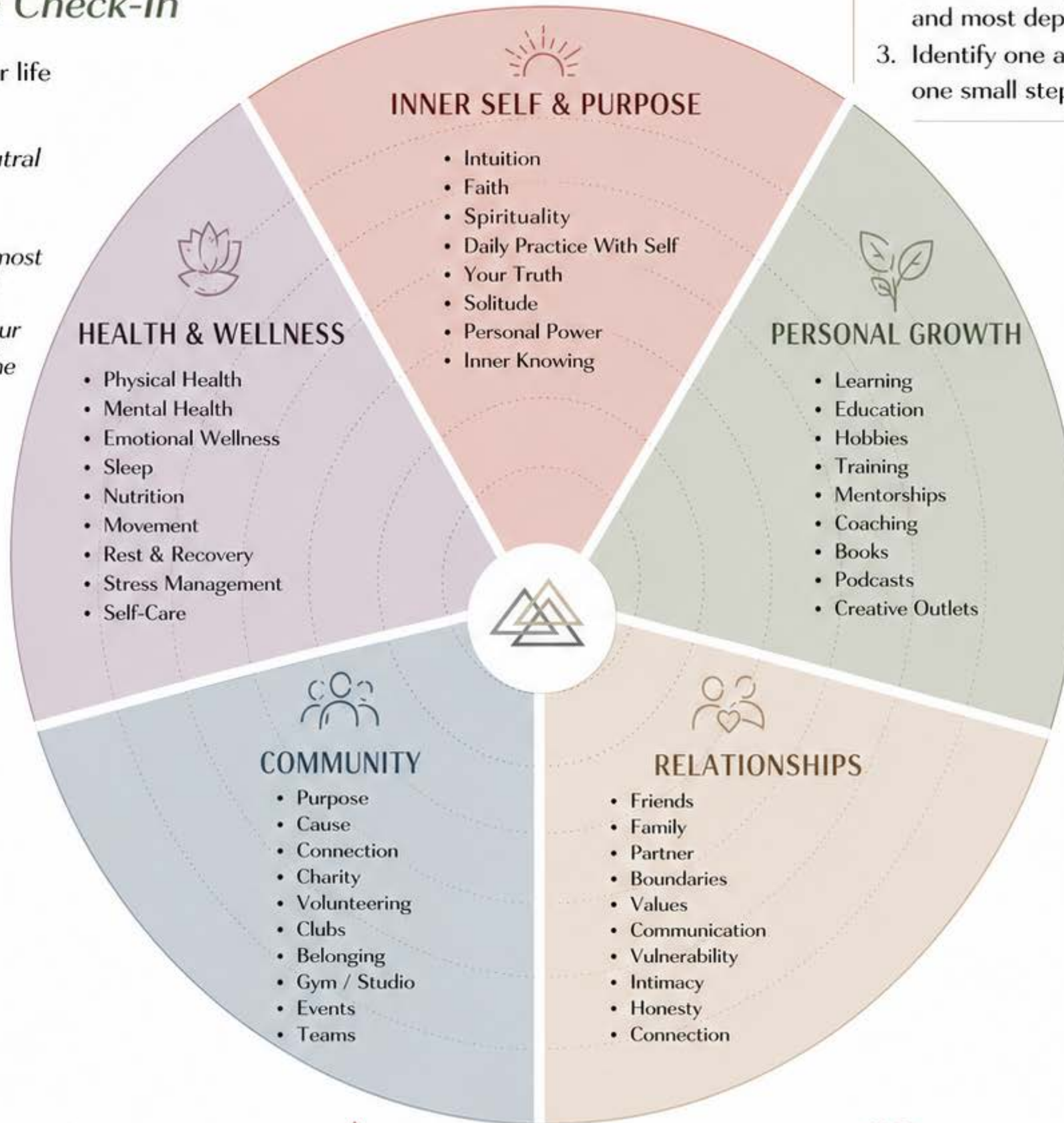
SOULSCAPE

A Whole-Life Check-In

Rate each area of your life from 1-10.

1 = Depleted 5 = Neutral
10 = Thriving

Where are you feeling most regulated, aligned, and supported? Where is your nervous system under the most pressure?



HOW TO USE



1. Rate each area from 1-10.
2. Notice where you feel most aligned and most depleted.
3. Identify one area to focus on and one small step you can take.



Where do you feel most aligned?



Where are you feeling depleted?



What area needs your attention most?

KOLLECTIVE SHIFT

TRANSFORMATIONAL LIVING

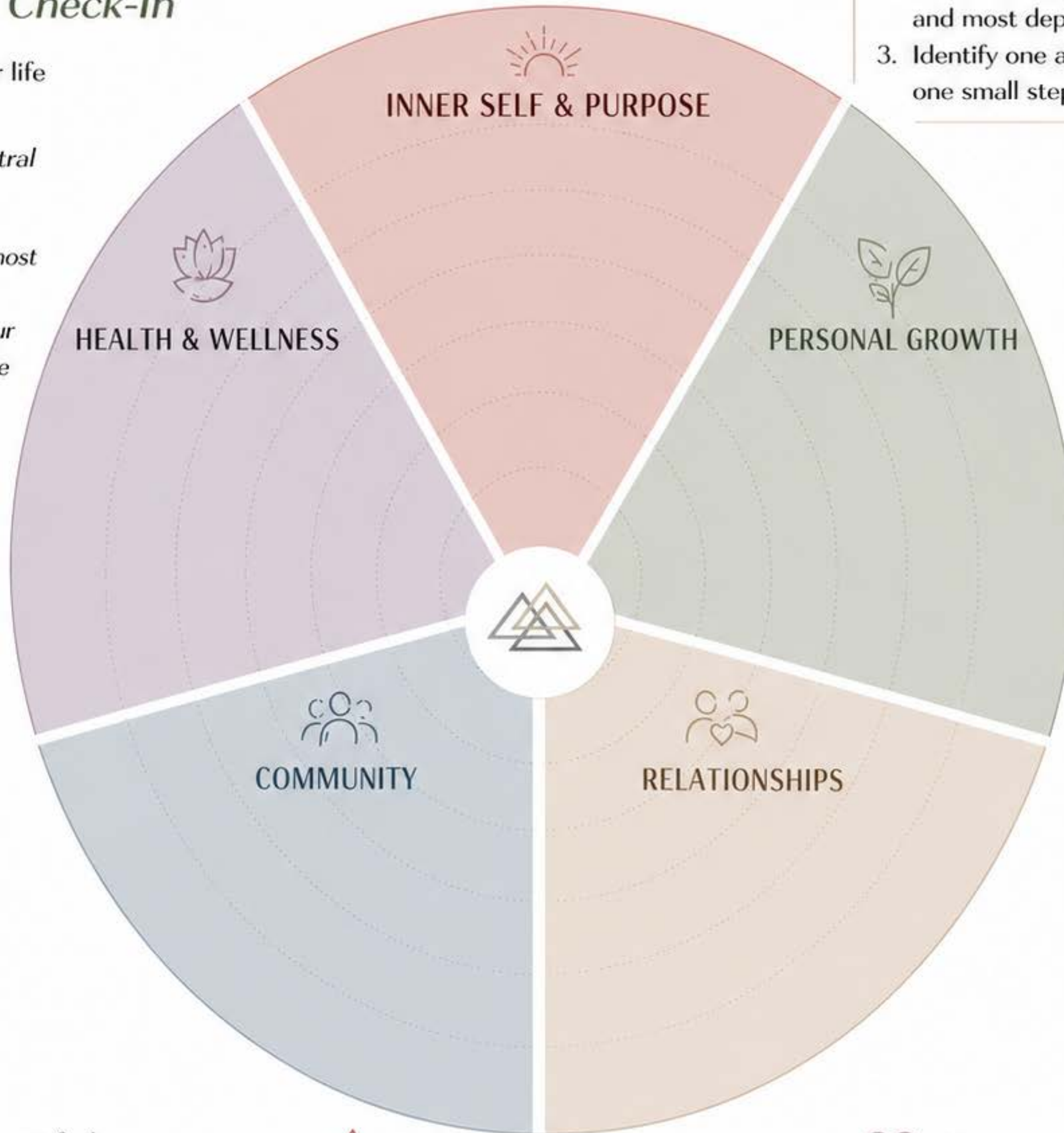
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KOLLECTIVE SHIFT

TRANSFORMATIONAL LIVING



INTEGRATION COMMITMENTS

From Awareness to Action.



*Real change happens in the small, consistent choices we make.
Use this space to commit to what matters most for your growth and well-being.*



NAME: _____



DATE: _____

1 WHAT I'M COMMITTED TO

*What matters most for me right now?
What do I want to create more of in my life?*



2 MY DAILY PRACTICES

*What small actions will I take daily
to support my nervous system,
growth, and purpose?*

1. _____
2. _____
3. _____
4. _____



3 MY WEEKLY COMMITMENTS

*What will I do each week to stay
aligned and keep growing?*

1. _____
2. _____
3. _____



4 WHEN I GET OFF TRACK

*What will help me reset and return
to what matters?*

1. _____
2. _____
3. _____



5 MY WHY

*Why is this commitment important
to me? What's possible when I
invest in myself?*



REMEMBER

*You don't have to be perfect. You just have to be committed.
Awareness is the first step. Integration is where transformation happens.*





INTEGRATION COMMITMENTS

FROM AWARENESS TO ACTION



Small, intentional choices create lasting change.

Use this space to commit to what will support your regulation, growth, and purpose.



NAME: _____



DATE: _____



ONE HYPER SIGN

What's one way hypervigilance shows up for you?



ONE HYPO SIGN

What's one way hypovigilance shows up for you?



ONE SHIFT TOOL

What is one tool you will use to help you shift and regulate?



ONE BOUNDARY

What boundary will you commit to honoring?



ONE SOULSCAPE FOCUS

Which part of your SOULSCAPE will you nurture most right now?



REMEMBER

*You don't have to be perfect.
You just have to be present and committed.
Awareness is the first step. Integration is where transformation happens.*



*I choose to lead myself with compassion,
so I can lead others with presence.*

