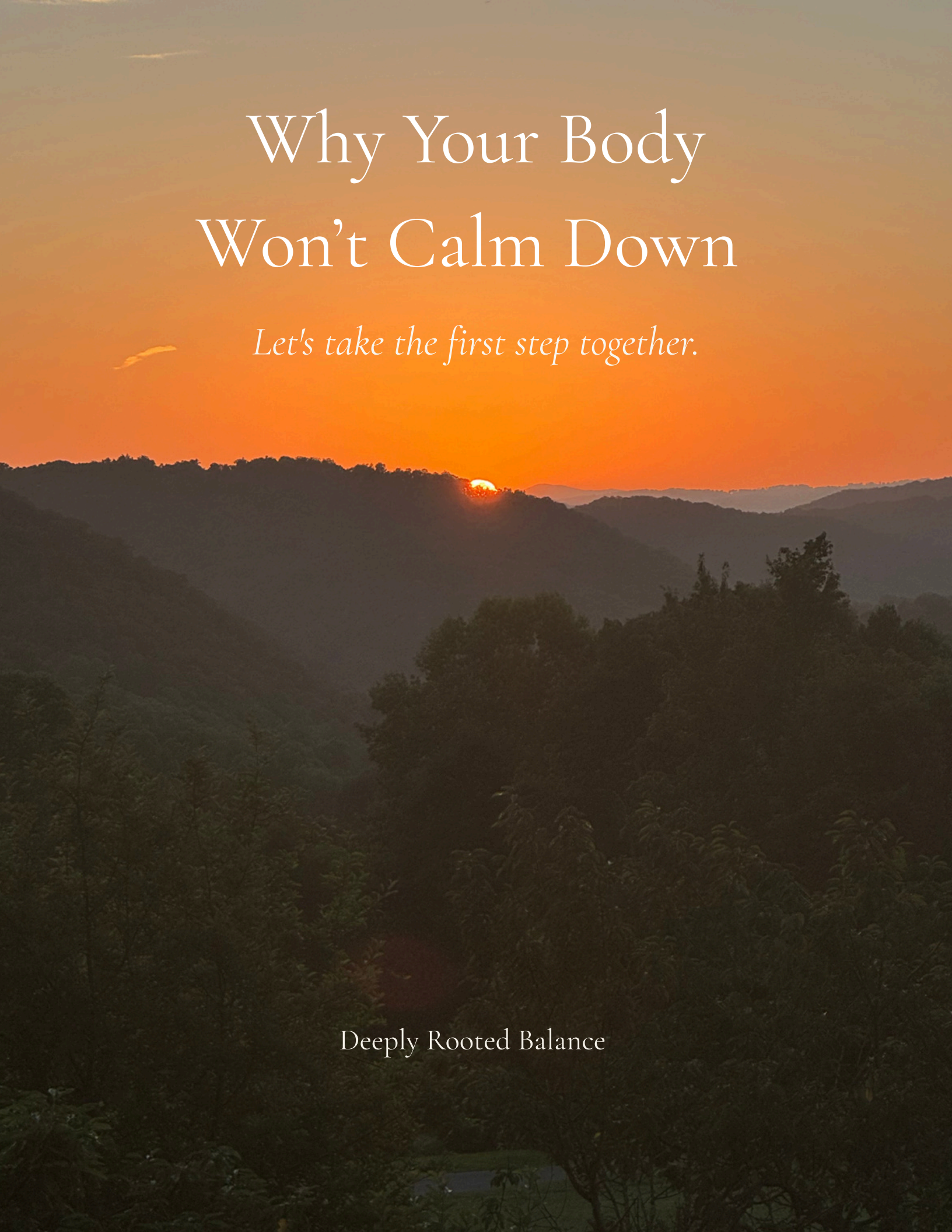




Why Your Body Won't Calm Down

Let's take the first step together.

Deeply Rooted Balance

I know.

If you're reading this, there's a good chance you've thought something like...

"Why can't I calm down?"

"My mind never stops."

"I don't feel like myself anymore."

"My anxiety is through the roof."

"Something just doesn't feel right."

Or maybe...

You don't even have words for it yet.

You just know something feels off.

Before we go any further...

Can I ask you a small favor?

Please don't just read this.

Experience it with me.

If you're the kind of person who likes to read everything
first before actually trying it...

I completely understand.

I'd probably do the same thing.

But for just the next few minutes...

Let's take one small step together.

Put one hand on your heart.

...

Take a slow breath in through your nose.

•

Now slowly breathe out through your mouth.

Long...

Slow...

Let it go.

...

Again.

...

If that felt good...

Do it again.

As many times as you want.

As many times as you need.

As many times as it feels good.

And if it feels right...

Let out a long...

"Uggggghhhhh..."



It's okay.

Really.

It's okay to let it out.

Sometimes we've been carrying so much for so long...

Our body simply needs somewhere for all that energy to
go.

Now...

Close your eyes.

...

Don't do anything.

Don't solve anything.

Don't fix anything.

Just sit.

...

(Really.)

I'll wait.

...

When you're ready...

Open your eyes.

...

What do you notice?



Maybe you noticed something.

Maybe you didn't.

Maybe your mind is still racing.

Maybe you're thinking...

"That was just breathing."

That's okay.

There isn't a right way to do this.

Your body already knows how to breathe.

We're simply giving you permission to stop...

...and listen to it.

Can I ask you something?

Did you notice...

That for just a few moments...

You stopped.

Not because someone told you to.

Because you decided to.

You simply paused.

You noticed your breath.

You noticed yourself.

And maybe...

you remembered...

that you matter too.

That may not seem like much.

But if you've spent years moving from one responsibility to the next
without ever stopping...

it matters.



Why do we keep
living this way?

Not because we're weak.

Because we care.

We love.

We give.

We support.

We carry.

Until one day...

we realize

we're carrying everyone...

except ourselves.

No one really teaches us how to take care of ourselves.

Or gives us permission to.

And for some women...

no one ever taught them how to slow down long enough to even know what they were feeling.

So maybe...

this is your permission.



Maybe...
it's time.

I'm not talking about five minutes hiding in the bathroom...

scrolling on your phone...

hoping nobody knocks on the door.



I'm talking about intentional time.

Time where no one needs you.

Time where you aren't consuming someone else's thoughts.

Time where you simply sit...

breathe...

feel your body...

and remember yourself.

I know you're probably thinking...

"I don't have time."

I understand.

I really do.

But maybe...

five intentional minutes isn't taking time away from the people you love.

Maybe it's giving them more of you.

Maybe this is your time to feel one small shift.

To acknowledge that you still exist as a person.

That your feelings matter too.



So today...

don't try to change your whole life.

Don't make another list.

Don't put more pressure on yourself.

Just take one small step.

Five intentional minutes.

One hand on your heart.

One slow breath in.

One long breath out.

And another...

if it feels good.

You don't need to know if you're doing it perfectly.

You don't need to feel a huge shift today.

You don't need all the answers.

This...

is the step.

That's enough for today.

One day...

you may look back and realize...

this wasn't the moment everything changed.

It was the moment you stopped long enough...

to remember...

that you still mattered.

And maybe...

just maybe...

Your body has been trying to talk to you.

You've finally begun listening.



Before You Go...

Thank you.

Thank you for taking these few minutes with me.

I hope this wasn't just something you read.

I hope it was something you experienced.

If today's guide helped you reconnect with yourself, even just a little...

I'd love to share space with you again.

I'll occasionally send encouragement, reflections, and opportunities to join me for live breathwork sessions.

Until then...

Keep taking one small step.

With love,
Amanda

Deeply Rooted Balance