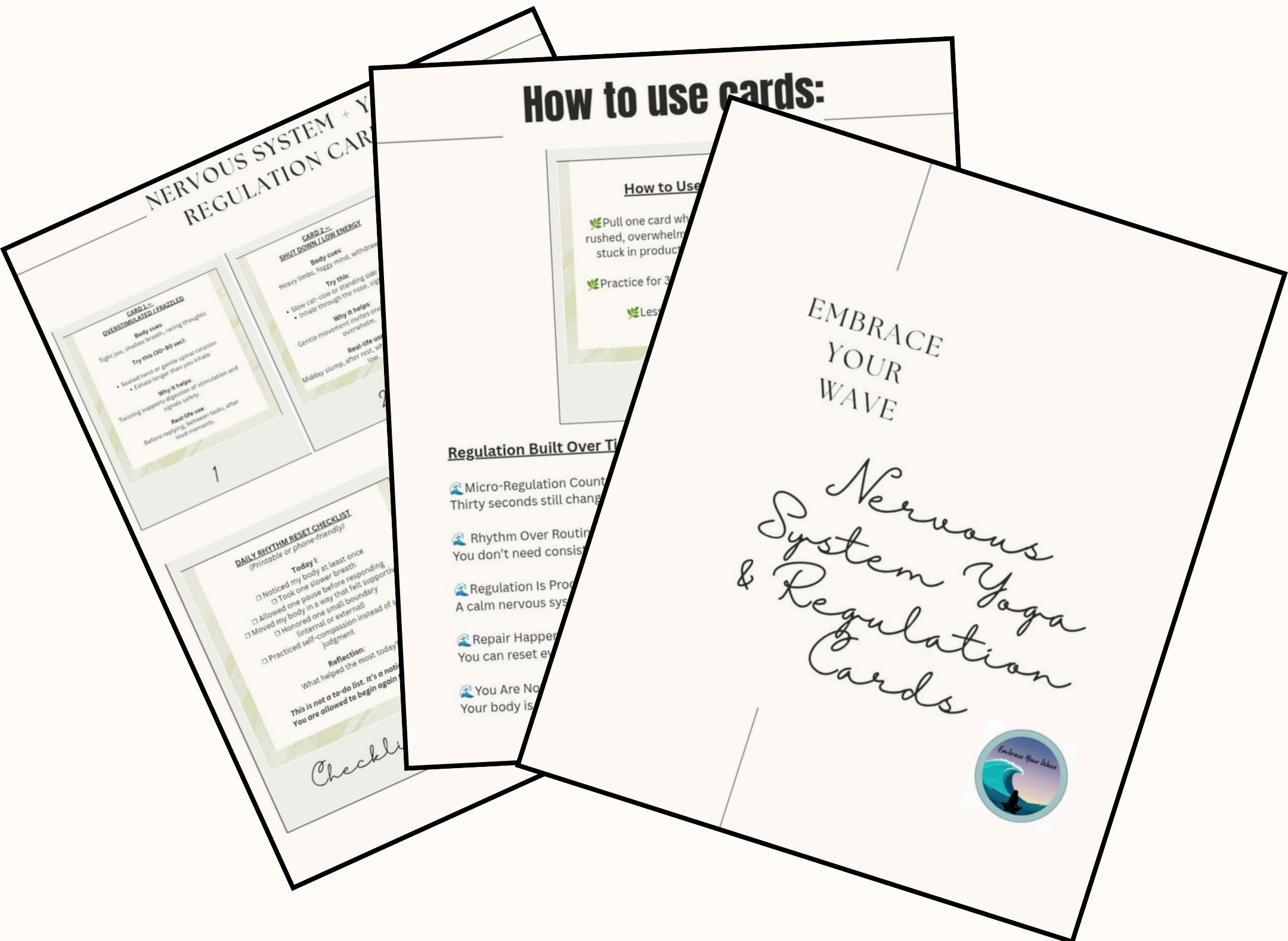


Return to Your Body: 7 Simple Practices for Overwhelm

Gentle yoga + nervous system support to help you feel like yourself again



About Me



I'm Amanda -

*a mother of two young girls,
a wife, an educator, a yogi, a
woman, and business
entrepreneur - founder of
Embrace Your Wave.*

I have had a love of yoga and
mindful practices for over 20+ years.
These have ebbed and flowed
throughout my life as my life has
changed in many ways.

Throughout my 30+ years I have
learned, applied, made mistakes,
reinvented, and reflected to shape
the human I am today.

I am constantly learning and
growing and am excited to share with
you tips and tricks that have become
very effective in my own life.

About Embrace Your Wave:

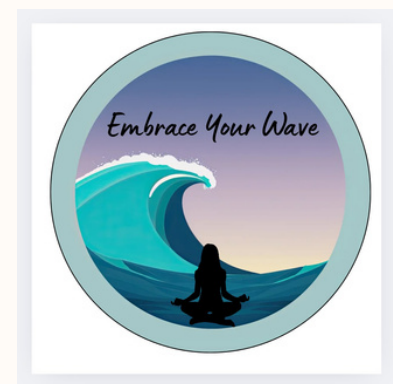
For everyday people who enjoy yoga and
mindful practices.

For people who are tired of being tired and
are ready for a change.

Uses a 6 Step: Rhythm Method approach to
supporting and applying old and new
boundaries.

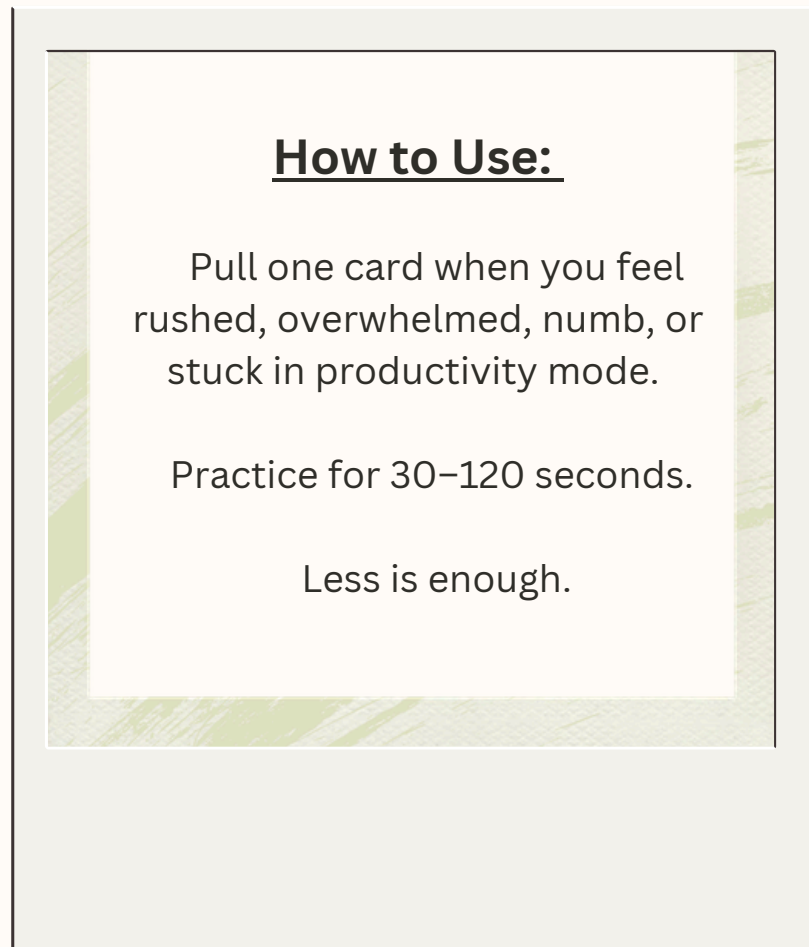
Spark joy and engagement for things you
did before responsibilities became too much
and burnout took over.

Realize that you matter even when you
have responsibilities: job, kids, family
expectations, etc.



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How to use cards:



Regulation Built Over Time:

Micro-Regulation Counts:
Thirty seconds still changes your nervous system.

Rhythm Over Routines:
You don't need consistency — you need responsiveness.

Regulation Is Productive:
A calm nervous system does better work.

Repair Happens Fast:
You can reset even after stress.

You Are Not Behind:
Your body is doing its best to protect you.



How to Use:

Pull one card when you feel rushed, overwhelmed, numb, or stuck in productivity mode.

Practice for 30–120 seconds.

Less is enough.

Return to Your Body:
7 Simple Practices for Overwhelm

Gentle yoga + nervous system support to help you feel like yourself again

-Detailed Description-

CARD 1 –
OVERSTIMULATED / FRAZZLED

Body cues:
Tight jaw, shallow breath, racing thoughts

Try this (30–90 sec):

Seated twist or gentle spinal rotation
Exhale longer than you inhale

Why it helps:
Twisting supports digestion and signals safety.

Real-life use:
Before replying, between tasks,
or after loud moments

CARD 1 –
OVERSTIMULATED / FRAZZLED

When you feel overstimulated or frazzled, your body may show body cues like a tight jaw, quick breathing, or racing thoughts. These are signs your system is on high alert.

In the Try This section, you’ll do a gentle seated twist, which simply means sitting comfortably and slowly turning your upper body to one side while keeping your hips facing forward. You’ll also slow your breathing by making your exhale longer than your inhale.

Why do these poses & breath work help in real life? Gentle turning of the spine can release built-up tension in the back and belly, while the longer exhale helps signal your nervous system that you’re safe to calm down. In real life moments—like before replying, between tasks, or after a loud environment— a simple pause and reset can work wonders. Even a short moment like this can help your body settle and bring your attention back to the present.

CARD 2 –
SHUT DOWN / LOW ENERGY

Body cues:
Heavy limbs, foggy mind, withdrawal

Try this:
Slow cat–cow or standing side stretch
Inhale through the nose, sigh it out

Why it helps:
Gentle movement invites energy
without overwhelm.

Real-life use:
Midday slump, after rest, or
when motivation feels low

CARD 2 –
SHUT DOWN / LOW ENERGY

When you feel shut down or low in energy, your body may show body cues like heavy arms and legs, a foggy mind, or a desire to withdraw and do very little. This often means your system needs gentle re-activation rather than pushing harder.

In the Try This section, you can move through slow cat–cow, which means gently rounding and arching your back while on hands and knees, or try a standing side stretch, where you stand tall and slowly reach one arm overhead while you lean slightly to the side to open your side body. As you move, inhale through your nose and then sigh the breath out, letting the exhale release tension.

Why do these poses & breath work help in real life? These slow, simple movements wake up the spine and body without asking too much energy, helping circulation and breath naturally increase. In real life moments like - a midday slump, after resting for a long time, or when motivation feels low - signal times when a gentle reset can help you reconnect with your body and invite a little more energy back in.

CARD 3 –
ANXIOUS / SCATTERED

Body cues:
Fidgeting, chest tightness, worry loops

Try this:
Child’s pose or seated forward fold
Hands on belly, feel your breath

Why it helps:
Forward folds cue safety and internal focus.

Real-life use:
Before sleep, after news or scrolling,
or during worry

CARD 3 –
ANXIOUS / SCATTERED

When you feel anxious or scattered, your body may show body cues like fidgeting, tightness in the chest, or thoughts that keep looping with worry. This often means your mind and body are searching for a sense of safety and grounding.

In the Try This section, you can come into child’s pose, where you kneel on the floor, sit your hips back toward your heels, and gently fold your upper body forward so your forehead and arms rest on the floor or a pillow. You can also try a seated forward fold, which means sitting with your legs extended in front of you and slowly leaning your upper body forward toward your feet. Lastly, sit in a comfortable position and place your hands on your belly and feel your breath move in and out.

Why do these poses & breath work help in real life? These gentle forward-folding positions naturally encourage your body to turn inward and slow down, helping your nervous system shift toward a calmer state. In real life moments, like before sleep, after reading stressful news or scrolling online, or during periods of worry, a quiet pause can help your body and mind settle.



How to Use:

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**CARD 4 –
TENSE / IRRITABLE**

Body cues:
Clenched fists, tight shoulders, snapping

Try this:
Shoulder rolls + neck rolls
Inhale through nose, exhale through mouth

Why it helps:
Releases stored tension and interrupts reactivity.

Real-life use:
Before difficult conversations or transitions.

CARD 4 –
TENSE / IRRITABLE

When you feel tense or irritable, your body may show body cues like clenched fists, tight shoulders, or feeling quick to snap or react. This often means tension has been building in the body and needs a safe way to release.

In the Try This section, you can begin with slow shoulder rolls, gently lifting your shoulders up toward your ears and then rolling them back and down a few times to release tightness. You can also add neck rolls by slowly lowering your chin toward your chest and gently circling your head from one side to the other, keeping the movement slow and comfortable. As you move, inhale slowly through your nose and exhale through your mouth, letting the out-breath soften the muscles in your face, shoulders, and jaw.

Why do these poses & breath work help in real life? These small movements help release stored tension in areas where stress commonly collects, like your neck and shoulders, while your breath helps interrupt the body’s reactive stress response and return you back to a safe mindset. In real life moments, like before a difficult conversation, during busy transitions, or when you feel irritation building, a short reset can help you respond more calmly.

**CARD 5 –
EMOTIONALLY FLOODED**

Body cues:
Tears, big feelings, overwhelm

Try this:
Hug knees to chest or self-hug
Rock gently side to side

Why it helps:
Containment and rhythm
soothe emotional overwhelm.

Real-life use:
When feelings feel bigger than words.

CARD 5 –
EMOTIONALLY FLOODED

When you feel emotionally flooded, your body may show body cues like tears, strong waves of emotion, or a sense of overwhelm that feels bigger than what you can explain in words. In these moments, the body often needs comfort and a sense of being held.

In the Try This section, you can hug your knees to your chest by lying on your back and gently pulling your knees in toward your body, wrapping your arms around your legs if that feels comfortable. You can also try a self-hug, either sitting or standing, by wrapping your arms around your shoulders or upper arms as if you are giving yourself a gentle embrace. From either position, rock slowly side to side, keeping the movement soft and steady.

Why do these poses & breath work help in real life? These positions create a feeling of containment, helping your body feel supported while the gentle rocking introduces a calming rhythm that can soothe your nervous system during emotional overwhelm. In real life moments when feelings rise quickly or feel bigger than words, a simple, comforting pause can help your body settle and create space for emotions to move through more gently.

**CARD 6 –
BOUNDARY SUPPORT**

Body cues:
Resentment, pressure, over-giving

Try this:
Mountain pose or standing tall
One steady breath in and out

Why it helps:
Posture supports clarity and self-trust.

Real-life use:
Before saying yes, when practicing no.

CARD 6 –
BOUNDARY SUPPORT

When you feel the need for boundary support, your body cues might include feeling resentment, pressure, or like you are giving too much of yourself.

In the Try This section, you can try Mountain Pose, which means standing tall with your feet hip-width apart, shoulders relaxed, and arms resting naturally by your sides. Imagine your body growing long from the crown of your head to your heels, feeling grounded through your feet. You can also simply stand tall anywhere, like when waiting or before speaking, bringing awareness to your posture. While standing, take one steady breath in and out, noticing the rise and fall of your chest and belly.

Why do these poses & breath work help in real life? This upright, grounded posture supports clarity and strengthens your sense of self-trust, helping your nervous system feel secure and confident. In real life moments, like before saying yes to something, when practicing saying no, or anytime you want to reconnect with your own needs, using body and breath help reinforce healthy boundaries.



How to Use:

Pull one card when you feel rushed, overwhelmed, numb, or stuck in productivity mode.

Practice for 30–120 seconds.

Less is enough.

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-Detailed Description-

**CARD 7 –
EVENING DOWN-REGULATION**

Body cues:
Wired but tired, restless sleep

Try this:
Legs up the wall or gentle supine twist
Long slow exhales

Why it helps:
Signals safety and readiness for rest.

Real-life use:
Before bed or after busy days

**CARD 7 –
EVENING DOWN-REGULATION**

When your body is ready for sleep but your mind still feels busy, your body cues might include feeling wired but tired, restless energy, or difficulty settling.

In the Try This section, you can try legs up the wall, which means lying on your back with your legs gently resting up against a wall or couch while your arms relax beside you. This allows the body to rest while circulation slows and the nervous system begins to settle. You can also try a gentle supine twist, which means lying on your back, hugging one knee into your chest, and then slowly guiding that knee across your body onto a prop or the mat while keeping your shoulders relaxed on the floor. As you rest in either position, focus on long, slow exhales, letting each out-breath be a little longer than the inhale.

Why do these poses & breath work help in real life? These restful positions signal safety to the nervous system and help the body shift toward a calmer state that supports sleep. In real life moments, before bed or after a busy day, your body needs a simple transition into rest to bring it back to a regulated state before sleep.

DAILY RHYTHM RESET CHECKLIST
(Printable or phone-friendly)

Today I:

- ☐ Noticed my body at least once
- ☐ Took one slower breath
- ☐ Allowed one pause before responding
- ☐ Moved my body in a way that felt supportive
- ☐ Honored one small boundary (internal or external)
- ☐ Practiced self-compassion instead of self-judgment

Reflection:
What helped the most today?

*This is not a to-do list. It's a noticing list.
You are allowed to begin again tomorrow.*

**CHECKLIST –
DAILY RHYTHM RESET**

How Do I Use This Checklist?

This checklist is not meant to be something you complete perfectly. Instead, it is a gentle way to notice small moments of regulation throughout your day. At the end of the day, or even midday, you can look through the list and check off anything that happened naturally.

- Maybe you:
- paused and noticed your breath for a moment
 - took a slower breath during stress
 - moved your body in a way that felt supportive

- You might also notice times when you:
- allowed a pause before responding
 - honoured a small boundary
 - practiced self-compassion instead of judging yourself

The reflection question invites you to think about which small moment helped you the most that day.

Remember, this is not a productivity list—*it is a noticing list*.

The goal is simply to build awareness of small regulation habits, knowing you can always begin again tomorrow.



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CARD 1 –
OVERSTIMULATED / FRAZZLED

Body cues:
Tight jaw, shallow breath, racing thoughts

Try this (30–90 sec):

Seated twist or gentle spinal rotation
Exhale longer than you inhale

Why it helps:
Twisting supports digestion and signals safety.

Real-life use:
Before replying, between tasks,
or after loud moments

1

CARD 2 –
SHUT DOWN / LOW ENERGY

Body cues:
Heavy limbs, foggy mind, withdrawal

Try this:
Slow cat-cow or standing side stretch
Inhale through the nose, sigh it out

Why it helps:
Gentle movement invites energy
without overwhelm.

Real-life use:
Midday slump, after rest, or
when motivation feels low

2

CARD 3 –
ANXIOUS / SCATTERED

Body cues:
Fidgeting, chest tightness, worry loops

Try this:
Child’s pose or seated forward fold
Hands on belly, feel your breath

Why it helps:
Forward folds cue safety and internal focus.

Real-life use:
Before sleep, after news or scrolling,
or during worry

3

CARD 4 –
TENSE / IRRITABLE

Body cues:
Clenched fists, tight shoulders, snapping

Try this:
Shoulder rolls + neck rolls
Inhale through nose, exhale through mouth

Why it helps:
Releases stored tension and interrupts reactivity.

Real-life use:
Before difficult conversations or transitions.

4

CARD 5 –
EMOTIONALLY FLOODED

Body cues:
Tears, big feelings, overwhelm

Try this:
Hug knees to chest or self-hug
Rock gently side to side

Why it helps:
Containment and rhythm
soothe emotional overwhelm.

Real-life use:
When feelings feel bigger than words.

5

CARD 6 –
BOUNDARY SUPPORT

Body cues:
Resentment, pressure, over-giving

Try this:
Mountain pose or standing tall
One steady breath in and out

Why it helps:
Posture supports clarity and self-trust.

Real-life use:
Before saying yes, when practicing no.

6

CARD 7 –
EVENING DOWN-REGULATION

Body cues:
Wired but tired, restless sleep

Try this:
Legs up the wall or gentle supine twist
Long slow exhales

Why it helps:
Signals safety and readiness for rest.

Real-life use:
Before bed or after busy days

7

DAILY RHYTHM RESET CHECKLIST
(Printable or phone-friendly)

- Today I:**
- ☐ Noticed my body at least once
 - ☐ Took one slower breath
 - ☐ Allowed one pause before responding
 - ☐ Moved my body in a way that felt supportive
 - ☐ Honored one small boundary (internal or external)
 - ☐ Practiced self-compassion instead of self-judgment

Reflection:
What helped the most today?

*This is not a to-do list. It's a noticing list.
You are allowed to begin again tomorrow.*

Checklist

Reminders:

- Burnout doesn't mean you're failing; it means your system needs care.
- Calm is learned.
- Presence is practiced.
- Recovery is possible.



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Overwhelmed/ Frazzled

CARD 1 — **OVERSTIMULATED / FRAZZLED**

Body cues:

Tight jaw, shallow breath, racing thoughts

Try this (30–90 sec):

Seated twist or gentle spinal rotation
Exhale longer than you inhale

Why it helps:

Twisting supports digestion and signals safety.

Real-life use:

Before replying, between tasks,
or after loud moments

How to Use:

Pull one card when you feel
rushed, overwhelmed, numb, or
stuck in productivity mode.

Practice for 30–120 seconds.

Less is enough.

What does this look like?

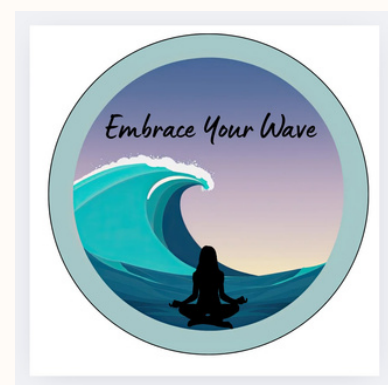
Micro-Regulation Counts:
Thirty seconds still changes your nervous system.

Rhythm Over Routines:
You don't need consistency — you need responsiveness.

Regulation Is Productive:
A calm nervous system does better work.

Repair Happens Fast:
You can reset even after stress.

You Are Not Behind:
Your body is doing its best to protect you.



Shut Down/ Low Energy

CARD 2 – **SHUT DOWN / LOW ENERGY**

Body cues:

Heavy limbs, foggy mind, withdrawal

Try this:

Slow cat-cow or standing side stretch
Inhale through the nose, sigh it out

Why it helps:

Gentle movement invites energy
without overwhelm.

Real-life use:

Midday slump, after rest, or
when motivation feels low

How to Use:

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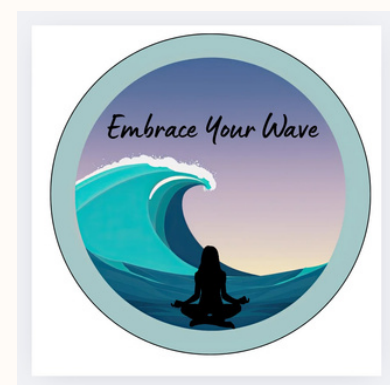
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You Are Not Behind:
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Anxious/Scattered

CARD 3 — ANXIOUS / SCATTERED

Body cues:
Fidgeting, chest tightness, worry loops

Try this:
Child's pose or seated forward fold
Hands on belly, feel your breath

Why it helps:
Forward folds cue safety and internal focus.

Real-life use:
Before sleep, after news or scrolling,
or during worry

How to Use:

Pull one card when you feel
rushed, overwhelmed, numb, or
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Practice for 30–120 seconds.

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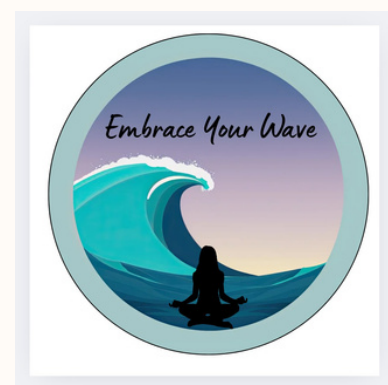
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Tense/Irritable

CARD 4 — TENSE / IRRITABLE

Body cues:

Clenched fists, tight shoulders, snapping

Try this:

Shoulder rolls + neck rolls

Inhale through nose, exhale through mouth

Why it helps:

Releases stored tension and interrupts reactivity.

Real-life use:

Before difficult conversations or transitions.

How to Use:

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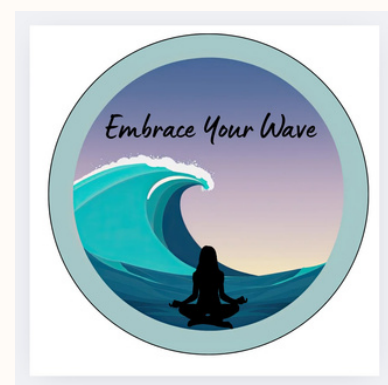
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Emotionally Flooded

CARD 5 — **EMOTIONALLY FLOODED**

Body cues:

Tears, big feelings, overwhelm

Try this:

Hug knees to chest or self-hug
Rock gently side to side

Why it helps:

Containment and rhythm
soothe emotional overwhelm.

Real-life use:

When feelings feel bigger than words.

How to Use:

Pull one card when you feel
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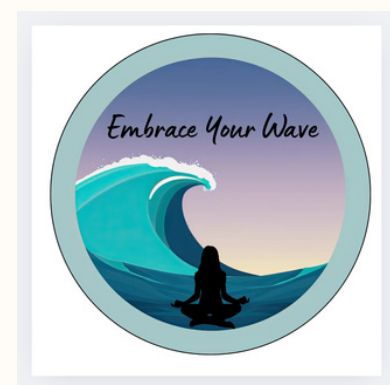
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Boundary Support

CARD 6 — BOUNDARY SUPPORT

Body cues:

Resentment, pressure, over-giving

Try this:

Mountain pose or standing tall
One steady breath in and out

Why it helps:

Posture supports clarity and self-trust.

Real-life use:

Before saying yes, when practicing no.

How to Use:

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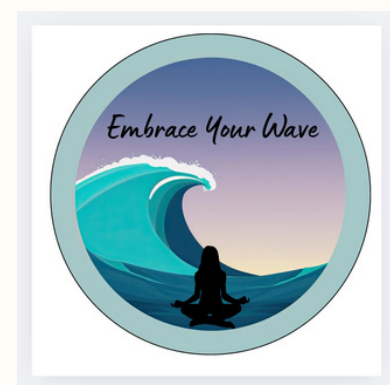
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Even-Down Regulation

CARD 7 —
EVENING DOWN-REGULATION

Body cues:

Wired but tired, restless sleep

Try this:

Legs up the wall or gentle supine twist
Long slow exhales

Why it helps:

Signals safety and readiness for rest.

Real-life use:

Before bed or after busy days

How to Use:

Pull one card when you feel
rushed, overwhelmed, numb, or
stuck in productivity mode.

Practice for 30–120 seconds.

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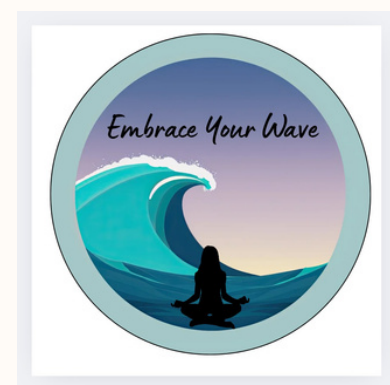
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Daily Rhythm Checklist

DAILY RHYTHM RESET CHECKLIST

(Printable or phone-friendly)

Today I:

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 - ☐ Took one slower breath
- ☐ Allowed one pause before responding
- ☐ Moved my body in a way that felt supportive
 - ☐ Honored one small boundary (internal or external)
- ☐ Practiced self-compassion instead of self-judgment

Reflection:

What helped the most today?

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