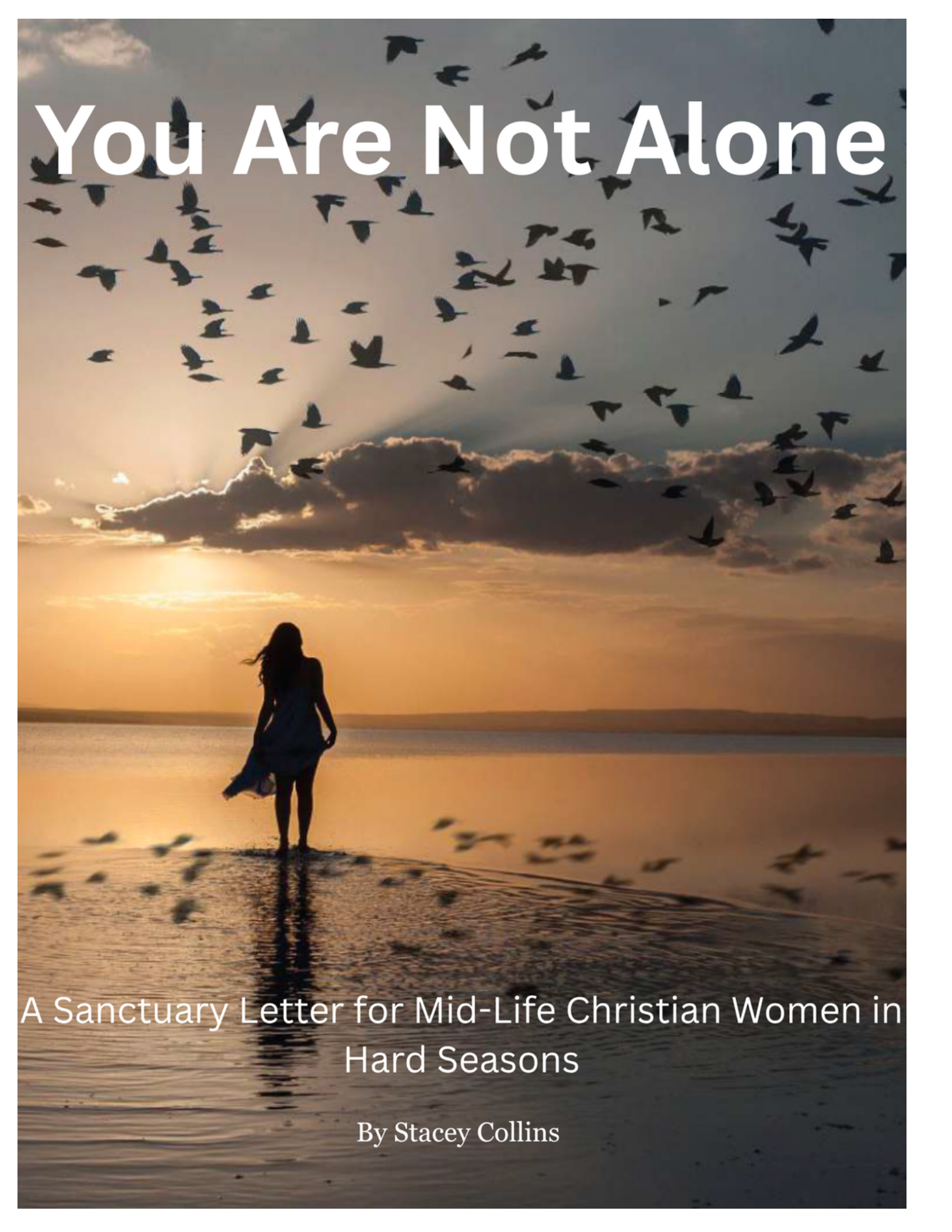


A woman stands on a beach at sunset, her silhouette reflected in the wet sand. She is surrounded by a large flock of birds flying in the sky. The sun is low on the horizon, casting a warm glow over the scene.

You Are Not Alone

A Sanctuary Letter for Mid-Life Christian Women in
Hard Seasons

By Stacey Collins

Pause... Breathe... Belong

You Are Not Alone

A Sanctuary Guide for Mid-Life Christian Women in Hard Seasons



By Stacey Collins

staceycollins.coach

You are not alone.

*Not in what you've lost.
Not in what you carried.
Not in what still aches.*

*You belong with God.
You belong with you.
You belong here.*

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Beautiful woman of God,

If you're reading this, there's a good chance you've been carrying more than most people can see...

Maybe it's grief...

Maybe it's loss...

Maybe it's caregiving...transition...disappointment...exhaustion...
or the quiet weight of holding too much for too long.

Maybe you've looked fine on the outside while feeling deeply alone on the inside.



I Know What This Feels Like

For over a decade, my life looked like an incredible success story from the outside.

I navigated the extreme highs and the dark lows of the Hollywood entertainment industry, acting as a “momager” who helped build my four children’s careers to over 40 million followers.

I negotiated high-stakes contracts, worked as an executive producer on feature films, and poured every ounce of my own dreams into building my family’s success.

But behind the scenes... I was carrying an unimaginable weight.

In a very short period, I experienced devastating, back-to-back losses... including the tragic deaths of two of my siblings within nine months of each other, then a few years later my dad died suddenly and my brother 8 months later...reopening the grief of losing my 14-year-old brother years prior.

I was carrying the heavy responsibility of being the safe landing place for everyone else's pain.

Somewhere in the middle of all the surviving, caregiving, and managing, I realized I had completely lost myself.

I was kept in a fog of distraction and exhaustion. I had stopped checking in with my own heart because I was too busy carrying the dreams and burdens of everyone around me.

I had to face the quiet, terrifying truth: I didn't know who I was anymore.

But God didn't leave me in that fog. I had to do the deep, tender work of resurrecting my identity. It was a slow journey of heart-healing...of peeling back the layers of grief, expectation, and burnout to emerge back into the woman God uniquely designed me to be.

I am sharing this with you because I want you to know that the words in this guide aren't just nice theories. They are the exact steps I used to survive the fire. I know what it is to rise from the ashes, and I know the way back home to yourself.



This Guide Was Created for You

Not to rush you...

Not to fix you...

Not to give you one more thing to strive through.

But to offer you a place to pause...

To breathe...

To be met in the middle of your real life...

To remember that you are not alone.

These pages are meant to feel like a sanctuary.

A small, sacred space where your heart, mind, body, and spirit can begin to soften and come into the same room again.

A place where you can let yourself be honest.

A place where God can meet you gently.

A place where you can begin finding your way home.

You do not have to read this all at once.

You do not have to do it perfectly.

You do not have to be ready for everything.

Just begin here...

One breath...

One page...

One honest moment at a time.



With love, Stacey

CHAPTER ONE

You are Not Alone

— Chapter One —

You Are Not Alone

A place to exhale and remember that what you are carrying matters.

Maybe for you, it looks like smiling at church...
and crying in the car on the way home.

There are seasons that don't just change your life...
they change your relationship with yourself.

You may still be showing up.
Still answering the calls.
Still taking care of what needs to be taken care of.

But inside... something feels different.

Maybe it's lying awake at night,
your body exhausted... but your mind still carrying everything
you didn't have space to feel during the day.

Maybe it's realizing you've been strong for so long...
you don't know where your strength ends and your exhaustion begins.

Why does this still ache... even now?
Why do I feel so disconnected?
Why does no one really see what this has cost me?

Why do I feel like I lost something I can't even fully name?

If that is where you are...
I want to meet you there.

Not on the other side of it.
Not when it's resolved.
Not when it's easier to explain.

Maybe the hardest part is not only what happened...
it's how alone you've felt inside of it.

Not just alone from people. But somehow... far from yourself. And maybe
even... far from God.

God is not waiting for you on the other side of your healing.
He is here...
In this moment...
In this breath...
In the questions...
In the quiet places no one else sees.

You are not weak...
You are not too much....
You are not behind.

You are a woman who has been carrying more than most people know...
for longer than most people understand.

And you are not alone.

Here...
In the middle of what still hurts...
In the middle of what you are still carrying...
In the middle of what still feels unfinished...

He is near. And so am I.

SCRIPTURES

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

— Psalm 34:18

“Do not fear, for I am with you... I will strengthen you and help you.”

— Isaiah 41:10

“Come to me, all you who are weary and burdened, and I will give you rest.”

— Matthew 11:28

A QUIET REMINDER

Before you try to make sense of anything...
just let yourself be here.

Take a slow breath in. And gently let it out.

No need to do it perfectly. No need to change anything.

Just notice...
the chair beneath you.
your feet touching the ground.
the quiet movement of your breath.

If there is any place that feels tight... or heavy... or tired...
you don't need to fix it. Just notice it.

You have been carrying a lot.
And for this moment... you don't have to carry it all alone.

If it helps, you can quietly whisper:

"Jesus... You are here."

"I am not alone."

Stay here for a few breaths. That is enough for now.

LET'S PAUSE

Take one slow breath in...

Then slowly let it out...

Again...

As you inhale: "Jesus, You are here." As you exhale: "I am not alone."

Do this three times. Then gently notice:

- the chair beneath you
- your feet touching the ground
- the air moving in and out of your body
- one place in your body that feels tight, tired, or tender

You do not have to change anything yet. Just let yourself arrive.

JOURNAL & REFLECTION

What have I been carrying that others may not fully see?

What feels hardest to put into words in this season?

What would it feel like to let God meet me here... not later?

Where do I feel most alone right now?

CLOSING PRAYER

Jesus...

You see me.

Not just the parts I show...

but the places I've been holding quietly.

You see the weight. The questions.

The moments I didn't have words for.

Thank You that I don't have to explain everything for You to understand.

Right here...

in this moment...

I let it be true:

This has been hard...

I have felt alone...

And I need You here.

Not later...

Not when I feel stronger...

Here.

In what is still tender...

In what is still unfinished.

Help me feel, even just a little...

that I am not alone.

Amen.

CHAPTER TWO

Pause: Let Your Body Arrive

— Chapter Two —

Pause: Let Your Body Arrive

A gentle invitation to stop bracing and let your whole self be present.

Before you can make sense of everything you've been carrying...
your body needs to know it's allowed to be here..

Not fixed...

Not figured out... Just... here.

Because hard seasons don't only touch your thoughts. They settle
into your body. In your chest...that tight, heavy place.

In your shoulders.. like you've been bracing for so long you don't
remember what it feels like to fully let go.

Maybe for you, it looks like moving through your day on
autopilot... getting everything done...
while something inside you never fully arrives.



You may have been holding yourself together for so
long... your body never got the message
that it doesn't have to do that alone anymore.

That's why pause matters.

Not as a concept.

But as a moment where your body begins to hear something different.

You are safe enough... right now... to stop bracing.

Pause is not quitting.

Pause is not falling behind.

Pause is not weakness.

Pause is the place where your body finally exhales
what it has been holding for far too long.

God meets you in the shaking...

In the tightness...

In the breath that doesn't quite reach all the way in.

He is here.

Not asking you to try harder.

Just inviting you...

to soften... even a little.

One breath at a time.

SCRIPTURES

“Be still, and know that I am God.”

— Psalm 46:10

*“He makes me lie down in green pastures, he leads me beside quiet waters,
he refreshes my soul.”*

— Psalm 23:2–3

“All at once an angel touched him and said, ‘Get up and eat.’”

— 1 Kings 19:5

A QUIET REMINDER

Place one hand on your heart and one on your belly.

Take a slow breath in through your nose. And gently let it out.

Notice where your body feels the most tired.

Notice if there is any place that feels tight...
or like it has been holding on for a long time.

You don't need to change it.

If it helps, you can quietly say:

"I can let go... even a little."

"I don't have to push right now."

You are allowed to pause...

Even here.

LET'S PAUSE

Place one hand on your heart and one hand on your belly.

Take a slow breath in through your nose. And gently let it out.

Inhale: "Jesus, You are here."

Exhale: "I can let go a little."

Repeat three times. Then gently notice:

- What part of my body feels the most tired right now?
- What part of me feels tight or braced?
- What part of me longs to rest?

JOURNAL & REFLECTION

What has my body been holding in this season?

Where do I feel the most tension, heaviness, or exhaustion?

When was the last time I truly let myself pause?

- *What might gentleness look like for me today?*

CLOSING PRAYER

Jesus...

Thank You for meeting me here...

not just in my thoughts...

but in my body.

You see where I've been holding tension.

You see where I've been pushing through.

And You are not asking me to keep going without rest.

Help me slow down... even a little.

Help my body feel safe enough to soften.

Help my breath return... gently.

I can simply be here with You.

Amen.

CHAPTER THREE

Belong: With God, With You, and Here

— Chapter Three —

Belong: With God, With You, and Here

A return to the truth that you are not abandoned, and you do not have to abandon yourself.

Aloneness does something quiet... and deep.

It doesn't always show up the way people expect.

You can be surrounded by people...

and still feel like no one can reach where you actually are.

You can be talking...

smiling...

showing up...

and still feel like something inside you has stepped back... and gone quiet.

Maybe for you, it looks like being the one everyone leans on...

while you're not sure where to lean yourself.

Maybe it's praying...

and knowing God is there...

but feeling like something in you can't quite reach Him the way it used to.



And over time...

something subtle can begin to happen.

Not just disconnection from others.

But a quiet disconnection from yourself.

You stop checking in with what you feel...
because there hasn't been space to feel it.

You stop listening to your own needs...
because you've been carrying everyone else's.

And slowly... without even realizing it...
you begin to leave yourself.

That is the deeper ache of aloneness.
Not just that no one else sees you...
but that somewhere along the way...
you stopped feeling safe to stay with yourself too.

And this is where belonging begins.
Not out there.
Not later.

Not when everything feels more peaceful. In this moment.

Belonging begins when you gently stop leaving yourself.
When you notice what you feel...
without rushing it away.

When you stay...
even when what is there feels tender...
or messy... or unfinished.

And you belong with God... here too.

Not the version of you that has it all together.
Not the version of you that feels full of faith and certainty.
This version.

The one who is tired.

The one who is unsure.

The one still carrying questions that don't have answers yet.

He is not pulling away from your grief... or your questions... or your silence.

He is near... already.

Just to stay. With God. With yourself. With this moment.

Even if only for one breath.

That is where belonging begins.

And you are already closer than you think.

SCRIPTURES

“Remain in me, as I also remain in you.”

— John 15:4

“Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God.”

— Romans 8:39

“The Lord your God is with you... He will take great delight in you... He will quiet you with his love.”

— Zephaniah 3:17

A QUIET REMINDER

Gently bring your attention inward.
Notice if any part of you wants to believe it...
even just a little.

If it feels okay, place your hand over your heart.

Take a slow breath in.

And as you breathe out...
just notice that you are here.

If it feels helpful, you can softly say:

"I belong with God."

"I belong with myself."

"I belong here."

Just let the words sit near you.

That is where belonging begins.

LET'S PAUSE

Place your hand gently over your heart. Take one slow breath in.

Inhale: "I belong with God."

Exhale: "I belong with me."

Next: "I belong here."

Repeat slowly three times. As you do, notice:

- what happens in your chest
- whether anything softens
- whether any resistance rises
- whether part of you wants to believe this, even a little

JOURNAL & REFLECTION

Where have I felt most disconnected...from others, from myself, or from God?

In what ways have I been leaving myself in this season?

What makes it hard to believe I belong here, just as I am?

What might shift if I chose to stay with myself... even gently?

CLOSING PRAYER

Jesus...

Sometimes I feel far away...

From others...

From myself...

Even from You.

But thank You...

that I don't have to earn my way into Your presence.

You are here...
with me... as I am.

Help me stay.

Help me not leave myself when things feel uncertain.

Help me believe, even slowly...
that I belong with You...

that I belong with myself...

that I belong here.

Amen.

CHAPTER FOUR

Be Held: Heart, Mind, Body, and Spirit

— Chapter Four —

Be Held: Heart, Mind, Body, and Spirit

A whole-person look at what hard seasons touch and how healing begins.

Hard seasons don't stay in one place.

They don't just touch your heart...
or your thoughts...
or your body...
or your spirit.
They move through all of you.

Which is why what you're feeling may not make sense in just one category.

You may feel grief in your chest...
and heaviness in your thoughts at the same time.

You may have moments where your faith feels steady...
and moments,
sometimes in the same day,
where everything feels unclear.



What is wrong with me?

Why does this feel so big?

Why can't I just think my way through this?

But what if the question is not “What is wrong with me?”

What if the question is...

“What has happened to me that would make all of this make sense?”

Because what you are feeling... is not failure.

It is response.

Your heart is responding to what it has lost.

Your mind is trying to make sense of what doesn't fully make sense.

Your body is holding what it did not have space to process.

And your spirit is still there...

even if it feels quieter than it once did.

Nothing in you is broken beyond care.

Nothing in you is too much to be held.

You are a whole person...

who has walked through something that touched every part of you.

So maybe right now...

instead of trying to sort it all out...

you can gently notice what is happening inside you.

Not to fix it.

Just to see it.

Your heart — what is it holding?

Your mind — what thoughts keep returning?

Your body — where do you feel tight... or tired... or heavy?

Your spirit — what feels present... even if it's quiet?

Let whatever comes...
be information.
Not accusation.

You stop asking yourself to perform healing.
You begin allowing yourself... to be held.

God is not holding one part of you
while waiting for the rest of you to catch up.

He is near to your whole self.
The part of you that feels strong.
And the part of you that feels like it's barely holding on.

The part of you that quietly asks,

“Who is holding me?”

He is.

And sometimes healing begins...
not when everything changes...
but when you realize...
you don't have to carry all of this alone anymore.

SCRIPTURES

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

— 3 John 1:2

“Daughter, your faith has healed you. Go in peace.”

— Luke 8:48

“You have searched me, Lord, and you know me.”

— Psalm 139:1

A QUIET REMINDER

Let your feet rest on the ground.

Take one slow breath in. And a slow breath out.

Just gently notice what is happening inside you.

Your heart — what does it feel like today?

Your mind — quiet... or busy... or somewhere in between?

Your body — is there a place that feels tight... or tired?

Your spirit — what feels present... even if it's quiet?

Let it be information.

Not something to judge.

Not something to fix.

God is here with all of you.

Not just the strong parts.

All of you.

LET'S PAUSE

Place both feet on the ground. Take one slow breath in and out.

Ask yourself these four questions:

- What is happening in my heart right now?
- What is happening in my mind right now?
- What is happening in my body right now?
- What is happening in my spirit right now?

A few words is enough. Let it be information, not accusation.

JOURNAL & REFLECTION

What is happening in my heart right now?

What thoughts have been most present in my mind?

What is my body trying to tell me?

How have I experienced God in this season... even if it feels faint?

CLOSING PRAYER

Jesus...

You see all of me.

Not just my faith...

but my thoughts...

my emotions...

my body...

my weariness.

You are willing to hold it.

All of it.

Help me release the pressure to have everything together.

Help me stop asking myself to carry what was never meant to be carried alone.

Let me feel, even just a little... what it means to be held.

Amen.

CHAPTER FIVE

Find Your Way Home

— Chapter Five —

Find Your Way Home

A gentle path toward peace, reconnection, and your next honest yes.

Home is not always a place you can return to.

Sometimes...

home is something you find your way back to.

Slowly...

Without forcing it.

Because when you have been carrying a hard season for a long time...

it is possible to keep living your life...

and still feel like you are no longer fully inside of it.

You may still be showing up.

Still doing what needs to be done.

But inside... something feels distant.



You may miss your own peace.

Your own softness.

The version of you who could breathe... without thinking about it.

Maybe what your soul has been quietly asking for...

is home.

Not a perfect life.
Not pressure to be further along than you are.

Just... a place inside yourself
where you can finally exhale again.

Home is where you stop trying to hold everything together by yourself. Home is where your breath begins to return... one layer at a time. You do not have to see the whole path to begin returning. You do not have to feel ready. You do not have to know what comes next.

Sometimes... coming home begins with something much smaller.

One honest moment...

One breath where you stop bracing...

One quiet prayer that doesn't sound polished.

One small yes... to not carrying this alone anymore.

Peace doesn't arrive all at once.
It comes in moments.
In the space between one breath and the next.

This is how it begins.
Not dramatically. Not all at once.
But faithfully. Gently.

One breath... and then another.

You are allowed to come home slowly.

And even now... you are not as far away as it feels.

Something in you is already turning.

Already softening. Already beginning to come back.

And that... is how you find your way home.

SCRIPTURES

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

— Proverbs 3:5–6

“Fear not, for I have redeemed you; I have summoned you by name; you are mine... When you pass through the waters, I will be with you.”

— Isaiah 43:1–2

“He was lost and is found.”

— Luke 15:24

A QUIET REMINDER

Before you think about what comes next...
come back to this moment.

Take a slow breath in. And gently let it out.
Let your body settle... even slightly.

You don't have to go anywhere right now.
You don't have to figure anything out.

Just notice... you are here.
Breathing. Still present. Still held.

You are already closer than you think.

"One breath at a time."

"I can come back... slowly."

LET'S PAUSE

Place one hand over your heart. Take a slow breath in.

Inhale: "Jesus, lead me home."

Exhale: "One breath at a time."

Repeat three times. Then ask:

- What feels most like home to my soul right now?
- What do I need less of?
- What do I need more of?
- What is one gentle way I can come home to myself and to God today?

Let your answers be simple.

JOURNAL & REFLECTION

- *What does “home” feel like to me in this season?*
- *Where do I feel most like myself... even a little?*
- *What helps me feel closer to God, to peace, and to my own heart?*
- *What is one small, gentle step I can take today?*

CLOSING PRAYER

Jesus...

You see what I've been carrying...

The places that feel tired...

The places that still don't make sense.

Thank You that I do not have to hold myself together
in order to be held by You.

Right here...

in this moment...

I bring You what I can.

The parts I understand... and the parts I don't.

Would You meet me here?

Gently...

Patiently...

Faithfully...

Teach me how to return...

Slowly...

To You...

To myself...

To the places in me that have been waiting for care.

Amen.

Come Sit With Me

If these pages have met you in a tender place...
I want you to hear this again:
You are not alone.

Not in what you've been carrying.
Not in what still feels unfinished.
Not in the questions you don't yet have answers for.

God sees you.
And He is with you... even here.

You do not have to rush your healing.
You are allowed to move slowly.
You are allowed to take this one breath at a time.



She is Home is a space for women walking through seasons like this...
where you don't have to perform...
Fix... or figure everything out alone.

A space where you can share...
be seen...
and not carry this alone.

A place to begin finding your way back to yourself and to God... gently.
You're welcome to take a next step. I'd love to sit with you:

May you feel God's nearness...
not in a distant way—
but here... in the quiet places of your life.

May your heart be met in the places that still feel tender.
May your mind soften where it has been trying to hold everything together.
May your body find moments of rest— even if they come slowly.

May your spirit be gently reminded...
that you are not forgotten... and you are not alone.

May you feel permission
to move at the pace your healing requires.
Not rushed. Not forced. Not measured against anyone else.

And may you find your way back—
one breath... one moment... one small step at a time.

Back to peace. Back to truth.
Back to the parts of you that have been waiting to be held.

And may you know... even here...
you are already closer than you think.

Amen.

Stacey Collins
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[She Is Home FB group](#)

