

WHAT YOUR BODY REMEMBERS

When people talk about healing, they often focus on the mind—your thoughts, your beliefs, the narratives you’ve internalized. But healing isn’t just a mindset. It’s also a body process.

Your body remembers what your brain tries to forget.

That skipped heartbeat when your phone rings. The pit in your stomach when someone raises their voice. The way your shoulders tense when you say “I’m fine,” even though you’re not. These reactions aren’t random. They’re data. They’re stories your nervous system is still holding onto.

Unprocessed stress, trauma, and shame don’t just live in your thoughts. They live in your muscles, posture, breath, digestion, and sleep cycles.

Sometimes the tightness in your chest isn’t just anxiety, it’s the heartbreak you never got to grieve.

Sometimes the urge to shut down in conflict isn’t about being cold or distant, it’s your body flipping the “survival mode” switch.

Sometimes your irritability, brain fog, or exhaustion isn’t because you’re lazy or unmotivated. It’s emotional residue that hasn’t had space to move through you.



“There is no shame in needing time, care, or help”



And that matters, because healing doesn’t mean pushing through.

It means slowing down enough to listen.

Start with curiosity. Ask yourself:

- What am I carrying that I haven’t given myself permission to feel?
- What sensations do I ignore, numb, or explain away?
- What if my body is doing its best to protect me even when I don’t understand why?

There is no shame in needing time, care, or help. Your body has been working overtime to keep you safe, but you deserve more than just survival. You deserve to feel safe, soft, and supported.

Give your body permission to rest. To release. To reconnect.

You don’t have to force healing.

You just have to allow space for it to unfold.