The
OVERWHELMED
WOMAN
Reset
Somatic & Energetic Healing Tools
to Reclaim Peace and Personal Power
MarBeth Dunn

Welcome

You Are Not Broken. You Are Overloaded.

If you're holding this workbook, there's a good chance you've been carrying far more than your body, mind, and spirit were ever meant to hold alone.

Maybe you feel:

- emotionally exhausted
- anxious or overwhelmed
- unable to fully relax
- deeply affected by other people's energy
- disconnected from yourself
- stuck in survival mode

And perhaps part of you has wondered...

"Why do I feel everything so deeply?"

The truth is, many intuitive and sensitive women are not weak... they are overstimulated, emotionally overloaded, and living with that have sysem that have been in protection mode for far too long.

Your body is not betraying you. It is communicating with you.

This workbook was created to help you begin reconnecting with the wisdom of your body, calm your nervous system, release emotional overwhelm, and return to a deeper sense of inner safety, clarity, and peace.

Inside, you'll discover simple somatic and energetic practices to help you:

- regulate your energy
- understand your stress responses
- stop absorbing everyone else's emotions
- reconnect with your intuition
- create more calm within your body and life

You do not need to heal everything overnight.

This is simply your first step home to yourself.

As you move through these pages, give yourself permission to slow down, breathe, reflect, and receive.

Your nervous system has been waiting for this.

With love,

MarBeth Dunn

Award Winning Author • Founder of Intuitive Energy Mastery

ABOUT *Me*

I SEE YOU. I UNDERSTAND YOU. I'VE BEEN YOU.

Hi, I'm **MarBeth Dunn** – multi-award winning author, intuitive healer, somatic practitioner, and the founder of *Intuitive Energy Mastery*.

For as long as I can remember, I've felt everything deeply. I was the one who could sense the energy in a room, feel the emotions others didn't say out loud, and pick up on what was really going on beneath the surface.

But for years, I didn't understand why I felt so overwhelmed.

I lived in survival mode – anxious, exhausted, and disconnected from myself. My body was constantly trying to protect me. My nervous system was stuck in overdrive.

It wasn't until I began my own deep healing journey that everything changed. I discovered the power of the nervous system, somatic healing, energy mastery, and intuitive awareness. I learned that my sensitivity wasn't a problem ... it was my greatest gift, once I learned how to regulate, protect, and trust it.

Now, it's my mission to help other intuitive women do the same.

> "My mission is to help intuitive women come home to their bodies, trust their energy, and create lives of *peace, purpose,* and *profound freedom.*"

MY APPROACH

SOMATIC HEALING
I help you reconnect with your body and release what it's been holding.

ENERGETIC MASTERY
I teach you how to regulate your energy, set boundaries, and stop absorbing everyone else's.

INTUITIVE AWAKENING
I guide you back to your inner wisdom, so you can trust yourself fully again.

EMBODIED TRANSFORMATION
I support you in creating lasting change from the inside out.

MY CREDENTIALS

- Multi-Award Winning Author
- Founder of Intuitive Energy Mastery
- Spiritual Teacher
- Somatic Healing Expert
- Certified Kundalini Yoga Instructor

I've helped thousands of women around the world reset their nervous systems, reclaim their energy, and rise into the lives they were always meant for.

You don't have to stay stuck.

YOUR HEALING JOURNEY STARTS HERE.

MarBeth Dunn.

FOUNDER OF INTUITIVE ENERGY MASTERY

Lesson 1

WHAT IS NERVOUS SYSTEM DYSREGULATION?

HOW YOUR BODY TRIES TO PROTECT YOU...

Your nervous system is designed to keep you safe. When it senses danger, stress, or overwhelm... it activates one of its survival responses.

These responses are not signs of weakness. They are signs your body is trying to protect you.

THE 4 SURVIVAL RESPONSES

FIGHT – I will defend.
You may feel anger, irritation, or a strong need to control or push back.

FLIGHT – I will escape.
You may feel anxious, restless, scattered, or a strong desire to avoid or distract.

FREEZE – I will shut down.
You may feel numb, stuck, disconnected, tired, or unable to take action.

FAWN – I will please.
You may over-give, people-please, or lose yourself to keep others happy and avoid conflict.

HOW YOUR BODY HAS BEEN TRYING TO PROTECT YOU

Your body and nervous system are incredibly intelligent. They have been doing the best they can with the resources and awareness available at the time.

These survival responses...

- Helped you get through overwhelming, painful, or unsafe experiences
- Kept you feeling safe when you didn't have control
- Helped you adapt, survive, and keep going
- Became automatic habits that now run in the background

The problem is... what once helped you survive may now be keeping you stuck. The good news? Once we understand these patterns, we can gently teach your nervous system that you are safe now.

Awareness is the first step toward healing and freedom.

SIGNS YOUR NERVOUS SYSTEM IS OVERLOADED

- [ ] I feel anxious or on edge often
- [ ] I overthink and can't relax
- [ ] I feel exhausted, even after rest
- [ ] I'm easily irritated or triggered
- [ ] I feel numb, disconnected, or flat
- [ ] I have trouble sleeping
- [ ] I get overwhelmed easily
- [ ] I feel a sense of dread or panic
- [ ] I people-please or lose myself
- [ ] I have physical symptoms (headaches, tension, etc.)
- [ ] I feel stuck and don't know why
- [ ] I feel like I'm in survival mode

Homework:

Circle Your Top 3 Symptoms

1. .....
2. .....
3. .....

You don't have to stay stuck.

YOUR HEALING JOURNEY STARTS HERE.

MarBeth Dunn.
FOUNDER OF INTUITIVE ENERGY MASTERY

Lesson 2

WHY INTUITIVE WOMEN BECOME OVERWHELMED

Your intuition is a gift... and with that gift comes deep sensitivity.

Intuitive women often become overwhelmed not because they are weak, but because they absorb more, sense more, and care more.

Here are the key reasons this happens...

ENERGETIC ABSORPTION

You pick up on the energy of people, places, and situations without even trying.

Example: You walk into a room and immediately feel everyone's energy.

HYPER-AWARENESS

You notice details, shifts in mood, and unspoken emotions that most people miss.

Example: You sense when something is "off" before anyone else does.

EMOTIONAL MERGING

You feel what others feel as if it's your own... absorbing their emotions, pain, and unspoken fears.

Example: When someone is hurting, your heart hurts right along with them.

OVERGIVING

You say "yes" when your soul wants to say "no", putting others' needs before your own.

Example: You pour your energy into everyone else, leaving nothing left for you.

HOW THIS CREATES OVERWHELM

When you absorb more than you can process, your nervous system stays on high alert. Over time, this leads to fatigue, anxiety, emotional exhaustion, and a feeling of being "too much" even when you're doing your best.

- You feel exhausted often
- You overthink and worry constantly
- You forget your needs and boundaries
- You feel out of balance and overwhelmed
- You lose touch with your inner peace and intuition

Awareness is the first step toward healing and freedom.

SIGNS YOUR NERVOUS SYSTEM IS OVERLOADED

- [ ] I feel overwhelmed by other people's energy
- [ ] I pick up on moods in the room quickly
- [ ] I feel drained after social interactions
- [ ] I care deeply and take on others' problems
- [ ] I have trouble saying no
- [ ] I feel anxious, on edge, or easily stirred up
- [ ] I overthink everything
- [ ] I feel emotionally exhausted
- [ ] I experience headaches, tightness, or tension
- [ ] I have trouble sleeping or staying asleep
- [ ] I feel stuck, irritable, or easily triggered
- [ ] I lose myself trying to keep others happy
- [ ] I feel like I'm carrying the weight of the world
- [ ] I long for alone time to recharge
- [ ] I feel like I'm in survival mode

Reflection

What situations drain me the most emotionally?

1. .....
2. .....
3. .....
4. .....
5. .....

Homework

Circle Your Top 3 Symptoms

1. .....
2. .....
3. .....

You don't have to stay stuck.

YOUR HEALING JOURNEY STARTS HERE.

MarBeth Dunn

FOUNDER OF INTUITIVE ENERGY MASTERY

Lesson 3

BODY AWARENESS TUTORIAL

Your Body is Speaking

Your body is always communicating with you.
When you learn to listen, you can respond with love instead of pushing through.

Emotions live in the body

Symptoms are communication

Stress accumulates physically

UNDERSTAND YOUR BODY'S SURVIVAL RESPONSES

FIGHT

Your body gears up to confront danger.
You may feel anger, irritability, heat, muscle tension, or a racing heart.

FLIGHT

Your body wants to escape the threat.
You may feel anxious, restless, scattered, or a tight chest and shallow breathing.

FREEZE

Your body shuts down to survive.
You may feel numb, heavy, tired, or unable to move or decide.

FAWN

Your body people-pleases to stay safe.
You may feel overwhelmed, responsible for others, or afraid to say no.

HOW YOUR BODY HAS BEEN TRYING TO PROTECT YOU

Your nervous system is incredibly intelligent. When it senses danger or overwhelm, it activates these responses to keep you safe. The patterns that once protected you may now be keeping you stuck and exhausted.

Awareness is the first step.
Compassion is the healing.

SIGNS YOUR NERVOUS SYSTEM IS OVERLOADED

- [ ] I feel anxious or on edge often
- [ ] I overthink and can't relax
- [ ] I feel exhausted, even after rest
- [ ] I'm easily irritated or triggered
- [ ] I feel numb, disconnected, or flat
- [ ] I have trouble sleeping
- [ ] I get overwhelmed easily
- [ ] I feel a sense of dread or panic
- [ ] I people-please or lose myself
- [ ] I avoid, procrastinate, or escape
- [ ] I have physical symptoms (headaches, tension, stomach issues)
- [ ] I feel stuck and don't know why
- [ ] I feel like I'm in survival mode

TUTORIAL

2-Minute Body Awareness Scan

Instructions:

1. Close your eyes
2. Take 3 deep breaths
3. Notice tension in your body
4. Observe without judgment

HOMEWORK

Label where you hold:

- Stress _____
- Fear _____
- Anger _____
- Overwhelm _____

Listen to your body.
IT KNOWS THE WAY HOME.

Mar Beth Dunn
CREATOR OF INTUITIVE ENERGY MASTERY

Lesson 4

INTUITION *vs* ANXIETY

Learning to tell the difference helps you trust yourself and make aligned choices.

COMPARISON CHART

INTUITION	ANXIETY
Calm	Urgent
Clear	Fearful
Grounded	Spiraling
Quiet knowing	Mental chatter

INSTRUCTIONS

- Review the chart.
- Notice how intuition feels in your body.
- Notice how anxiety feels in your body.
- There is no wrong answer... only awareness.

ACTION STEP

Recall a recent decision.

JOURNAL

"Was I responding from intuition or fear?"

Listen to your body.

IT KNOWS THE WAY HOME.

MarBeth Dunn

CREATOR OF INTUITIVE ENERGY MASTERY

Lesson 5

NERVOUS SYSTEM RESET PRACTICE #1

Grounding Your Energy

Grounding helps you reconnect with your body, release stress, and return to the present moment. It tells your nervous system: You are safe.

WHY GROUNDING MATTERS

- Calms your nervous system
- Brings you back to the present
- Helps you feel stable and safe

SIGNS YOU NEED TO GROUND

- Racing thoughts
- Feeling anxious or scattered
- Overwhelmed or numb
- Drained or exhausted

Grounding is your reset button.

You don't have to escape your life...
you just have to return to your body.

TUTORIAL

5-Minute Grounding Reset

STEPS:

1. Place your feet firmly on the floor.
2. Breathe slowly and deeply.
3. Name 5 things you see.
4. Relax your shoulders.

REPEAT:

"I am safe in this moment."

HOMEWORK

Practice once daily this week.

Listen to your body.

IT KNOWS THE WAY HOME.

MarBeth Dunn

CREATOR OF INTUITIVE ENERGY MASTERY

Lesson 6

NERVOUS SYSTEM RESET PRACTICE #2

Somatic Release

The body holds what the mind can't always release.

The body heals through movement.

WHY SOMATIC RELEASE MATTERS

Unreleased tension stays stored in your body. Movement helps regulate your nervous system and create space for healing.

- Releases built-up stress and tension
- Regulates your nervous system
- Supports emotional and energetic release

SIGNS YOU NEED TO RELEASE

- Tight jaw or neck
- Restlessness or irritability
- Feeling overwhelmed
- Heaviness in your body
- Fatigue or burnout

Reminder

You don't need a reason to move.
You just need a safe space to let go.

TUTORIAL

Shake & Release Exercise

STEPS:

1. Stand up.
2. Shake your arms and hands gently.
3. Loosen your jaw.
4. Exhale audibly.
5. Continue for 60–90 seconds.

Let your body do what it was designed to do ... release.

ACTION STEP

Notice:

- What shifted?
- What emotions surfaced?
- What softened?

Listen to your body.
IT KNOWS THE WAY HOME.

MarBeth Dunn
CREATOR OF INTUITIVE ENERGY MASTERY

Lesson 7

NERVOUS SYSTEM RESET PRACTICE #3

Emotional Clearing

Emotions that are not expressed often remain stored within the body.

Emotional clearing allows your nervous system to release what you no longer want and create space for greater peace, clarity, and emotional freedom.

SOME TECHNIQUES FOR EMOTIONAL CLEARING

EFT Tapping
A gentle technique that combines focused awareness with tapping on specific acupressure points to calm the nervous system and reduce emotional ireensity.

Sound Release
Using the voice through sighing, humming, toning, or vocal expression helps release stored tension and emotional energy.

Journaling
Writing allows thoughts and emotions to move from the mind onto paper, creating insight, clarity, and relief.

TUTORIAL

Emotional Clearing Practice

1. **Pause and Breathe**
   Take three slow, deep breaths.
2. **Notice**
   Ask yourself: "What am I feeling right now?"
3. **Express (Humming)**
   Close your mouth gently and hum "mmmmm" Let the sound vibrate and release what you feel.
4. **Release**
   Allow emotions to move without judgment.
5. **Return**
   Place a hand over your heart and breathe.

JOURNAL PROMPT

"What emotions am I carrying that may not even belong to me?"

HOMEWORK

Emotional Release Letter

- Write a letter expressing everything you have been holding inside.
- Do not censor yourself.
- You never need to send it.
- The purpose is release, not perfection.

REMINDER

Not every emotion your carry is yours to keep.
Sometimes healing begins by simply letting go.

Your feelings are messages...
NOT LIFE SENTENCES.

Mar Beth Dunn
CREATOR OF THE OVERWHELMED WOMAN RESETTERY

Lesson 8

THE HIDDEN ENERGY LEAKS DRAINING YOU

Energy leaks are unseen patterns that quietly drain your time, peace, and vitality. The more aware you become, the more energy you reclaim.

COMMON ENERGY LEAKS

RESCUING
Stepping in to "save" others takes away their growth and drains your energy.

GUILT
Carrying guilt for things that aren't yours to carry keeps you stuck and exhausted.

PEOPLE PLEASING
Putting others' needs before your own creates resentment, burnout, and self-abandonment.

EMOTIONAL LABOR
Holding space for everyone else's feelings without support leaves you emotionally depleted.

LACK OF BOUNDARIES
Saying yes when you mean no leads to overwhelm, frustration, and energy leakage.

CHECKLIST:

Do You...

- ✓ Feel responsible for others?
- ✓ Absorb moods quickly?
- ✓ Feel guilty resting?
- ✓ Replay conversations repeatedly?
- ✓ Fear disappointing people?
- ✓ Say yes when exhausted?

ACTION STEP

Choose ONE

energy leak to begin changing.

Protect your energy...

YOU ONLY GET SO MUCH EACH DAY.

MarBeth Dunn ♡

CREATOR OF INTUITIVE ENERGY MASTERY

Lesson 9

CREATING INNER SAFETY

Inner safety is not a luxury.
It's a necessity.

When your nervous system feels safe,
you think clearer, feel calmer,
and make aligned choices.
Safety is the foundation of healing,
intuition, and peace.

KEYS TO CREATING INNER SAFETY

Nervous System Regulation
Your body is always listening. Gentle practices help your system return to a calm, balanced state.

Slowing Down
Rushing keeps your body in stress mode. Slowing down sends the message: "I am safe now."

Self-Compassion
Kindness softens the inner critic and helps you feel worthy, enough, and supported.

Safety in the Body
You can return to safety anytime by reconnecting with your body through breath, touch, and presence.

EXERCISE

Create Your Safety Ritual

COMPLETE:

I feel safest when...

My body relaxes when...

I need more...

I can release...

HOMEWORK

Create a 10-Minute Nightly Calming Ritual

- Choose activities that make you feel safe and supported.
- Make it simple, soothing, and consistent.
- This is your time to reconnect with yourself and restore your energy.
- Protect it. You are worth it.

REMEMBER

You are allowed to feel safe.
You are allowed to take up space.
You are allowed to choose you.

Safety is your birthright.
COME HOME TO YOURSELF.

MarBeth Dunn
CREATOR OF INTUITIVE ENERGY MASTERY

Lesson 10

RETURNING TO YOURSELF

You are not too much.
You are not behind.
You are remembering who you are.

Returning to yourself is the path back to your power, your joy, and your truth.

TEACHING

SOVEREIGNTY
You get to choose your life.
You are the CEO of you.
Your needs matter.

RECONNECTING WITH JOY
Joy is your natural state.
Begin doing what lights you up without guilt or permission.

RECLAIMING ENERGY
Your energy is sacred.
You have the right to protect it, guard it, and use it wisely.

SELF-TRUST
You already have the answers.
Trust your intuition.
Trust yourself.
You are worthy of your trust.

TUTORIAL

Future Self Visualization

IMAGINE:
Close your eyes and breathe deeply.
Step into your future self who has fully returned to herself.
See her. Feel her. Be her.

CALM
Her mind is quiet.
Her body is at ease.
She moves through life with grace.

GROUNDED
She feels rooted and secure.
She trusts the timing of her life.
She is present in the now.

PEACEFUL
She no longer seeks outside for validation.
She lives in her own peace.

EMOTIONALLY FREE
She has released what no longer serves her.
She feels light, free, and open to endless possibilities.

You are not becoming someone new.
You are remembering who you truly are.

JOURNAL PROMPT

"Who am I beneath the overwhelm?"

You are not lost.
YOU ARE COMING HOME TO YOURSELF.

MarBeth Dunn
CREATOR OF INTUITIVE ENERGY MASTRY

Lesson 11

DAILY RESET SYSTEM ACTION PLAN:

Your Daily Nervous System Reset Ritual

Small daily practices create powerful nervous system change.

When you consistently pause, regulate, and reconnect with yourself throughout the day, your nervous system begins to feel safer, calmer, and more resilient.

MORNING RESET

- **Grounding Breath**
  Begin the day with three slow breaths.
- **Intention**
  Choose how you want to feel today.
- **Body Check-In**
  Ask: "What does my body need right now?"

MIDDAY RESET

- **Pause + Regulate**
  Take a brief moment to reset.
- **Hydrate**
  Support your body with water.
- **Deep Breaths**
  Slow your breathing and return to the present.

EVENING RESET

- **Emotional Release**
  Journal, tap, or breathe.
- **Gratitude**
  Reflect on what went well today.
- **Nervous System Soothing**
  Choose a calming activity before sleep.

YOUR DAILY RESET CHECKLIST

Day	Morning	Midday	Evening
Day 1	☐	☐	☐
Day 2	☐	☐	☐
Day 3	☐	☐	☐

HOMEWORK

Track Your Reset Ritual for 3 Days

Notice:

- What felt easiest?
- What felt most supportive?
- What shifted in your body?

REMEMBER

Healing isn't created by one perfect day...
It's created through small moments of care repeated over time.

Small Daily Shifts
CREATE LASTING CHANGE.

MarBeth Dunn
CREATOR OF INTUITIVE ENERGY MASTERY

INVITATION INTO DEEPER WORK

Awareness Is Only The Beginning

You've taken a powerful step toward creating more peace, balance, and freedom in your life. True transformation happens when you go deeper and stay supported.

MOVING FORWARD

HEALING REQUIRES REPETITION

Lasting change happens when we return to the practices, again and again. Consistency creates new pathways.

NERVOUS SYSTEM REWIRING HAPPENS THROUGH EMBODIMENT

Your body holds the key. Through somatic and energetic practices, you create safety, release, and lasting change from within.

SUPPORT ACCELERATES TRANSFORMATION

Healing is faster and more fulfilling when you don't do it alone. The right container and community hold you as you grow.

IMAGINE THIS...

- You wake up feeling calmer and more grounded.
- You have tools that help you navigate life with more ease.
- You respond instead of react.
- You feel supported, seen, and understood.
- You reconnect with your body, your intuition, and your truth.
- You finally feel like YOU again – vibrant, confident, and free.
- And because of that, everything in your life begins to shift in the most beautiful way.

This is what's possible when you invest in yourself and surround yourself with the right support.

YOU ARE INVITED

Join MarBeth's

Awaken the Healer Within

Community

A sacred space to heal, grow, and rise in your wholeness with like-minded women on the same path.

WHY HEALING & TRANSFORMATION

Experience powerful somatic and energetic practices that release what no longer serves you and create lasting change.

SUPPORTIVE COMMUNITY

Surround yourself with heart-centered women who truly see, hear, and uplift you. You are never alone.

EMBODIMENT & EMPOWERMENT

Reconnect with your body, strengthen your intuition, and step fully into your sovereignty and self-trust.

CLARITY, PEACE & ALIGNMENT

Gain clarity, reduce overwhelm, and feel more aligned with your soul's purpose and inner guidance.

GROWTH THAT RIPPLES OUTWARD

As you heal and rise, you inspire and create meaningful change in your life and the world around you.

www.marbethdunn.com/community

ACTION STEP

Ask Yourself:

"What kind of support do I truly need right now?"

Your healing journey matters.

YOU ARE WORTHY OF THE SUPPORT THAT HELPS YOU THRIVE.

Mar Beth Dunn

CREATOR OF INTUITIVE ENERGY MASTERY

Your body is not the enemy.

It is the messenger leading you home.

CONNECT WITH *MarBeth*

Let's stay connected and continue this journey together.

Facebook:
https://www.facebook.com/marbethdunn1/

Instagram:
https://www.instagram.com/marbethdunn/

LinkedIn:
https://www.linkedin.com/in/marbethdunn/

TikTok:
https://www.tiktok.com/@marbethdunn

YOU ARE INVITED

Join MarBeth's

Awaken the Healer Within *Community*

A sacred space to heal, grow, and rise in your wholeness with like-minded women on the same path.

www.marbethdunn.com/community

INSIDE YOU'LL FIND:

- Deep healing and support
- Somatic & energetic practices
- A loving community
- Growth, clarity and empowerment
- Your true self coming home

You are not alone.
You are not too much.
You are coming home to *yourself.*

Mar Beth Dunn
CREATOR OF
INTUITIVE ENERGY MASTRY