

A gentle nervous system guide for women

Functioning but Frozen?



10 Gentle Clues Your Nervous System May be Stuck in Functional Freeze

You might be experiencing 'functional freeze' if...

- **You're exhausted...**

but still scrolling at midnight

- **You're functioning in daily life...**

but inside you feel flat, distant, or numb

- **You cancel plans because you're overwhelmed...**

and then feel lonely afterwards

- **You know what you 'should' do...**

but you can't seem to start.

If any of this feels familiar, your nervous system may be stuck in something called 'functional freeze'.

Functional freeze is a protective stress response.

- It can happen when your body has been under pressure for a long time.
- You might still be getting through your responsibilities on the outside.

But inside, your system is conserving energy, disconnecting, or slowing things down to cope.

This guide will help you:

- recognise the signs of functional freeze
- understand why your responses make sense
- begin reconnecting with your body gently

10 Signs Your Nervous System May Be in Functional Freeze

You dont have to relate to all of these. Even one may resonate .

1. Everything feels heavy or slow, even simple tasks.
2. You delay starting things, even when they matter to you.
3. You scroll, watch tv, or zone out without really taking anything in.
4. You cancel plans because you feel overwhelmed or drained.
5. You feel emotionally flat, numb, or disconnected.
6. You are exhausted no matter how much you rest.
7. You're functioning outwardly, but feel empty inside.
8. Even small decisions feel overwhelming.
9. You feel distant or zoned out during conversations.
10. You cant explain why you feel unmotivated or stuck. .

These responses are not personality flaws. They are protective adaptations. Your nervous system trying to keep you safe.

What Can Help... Gently

**You cannot force your way out of functional freeze.
But you can create small moments of safety that help your nervous system slowly shift.**

Try one of these gentle practices:

- Sip water slowly and notice the sensation.
- Feel your feet on the floor and name three things you can hear.
- Change your posture — stretch, curl up, soften.
- Place one hand on your chest and one on your belly. Notice your breath.
- Whisper to yourself:

“I think I might be in freeze right now and that’s okay

Small moments of awareness can begin to soften the freeze response.

You Are Not Broken



Functional freeze is not something you choose.
And it is not something you have to fight.
Your nervous system has been doing its best to protect you.
With understanding, patience, and the right support, your system can
begin to feel safe again.

**If you'd like support exploring what might help, I offer a
free 15-minute connection call.
It's a gentle space to talk, ask questions, and see whether
1:1 coaching feels like the right next step.**

[SCHEDULE A FREE CALL](#)

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