



AM I IN FUNCTIONAL FREEZE? 10 COMPASSIONATE CLUES AND WHAT YOU CAN DO

A GENTLE, TRAUMA-INFORMED SELF-REFLECTION GUIDE FOR
WOMEN NAVIGATING STRESS, FATIGUE, AND SHUTDOWN.

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Welcome!

Hello, I'm Lee Tomlinson, the somatic trauma-informed coach behind Nurture and Move. I'm so glad to share this free guide with you.



This resource was created for women who feel stuck, tired, or like they're functioning on the outside but quietly struggling on the inside.

As someone who supports women navigating functional freeze and nervous system dysregulation, I know how easy it is to blame yourself for feeling unmotivated, flat, or disconnected.

This guide will help you:

- Understand what functional freeze can look and feel like
- Recognise that your responses make sense
- Begin reconnecting with your body, gently and without pressure

You are not alone, and you are not broken. This guide is an invitation to begin noticing your experience with care. There is no pressure here. Just information, reflection, and gentle support.

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WHAT FUNCTIONAL FREEZE CAN LOOK LIKE

You don't have to relate to all of these. One is enough. Your experience is valid. Here are 10 clues that you might be living in functional freeze:

1. YOU FEEL LIKE YOU'RE MOVING THROUGH FOG OR QUICKSAND

Everything feels heavy or slow, even simple things like brushing your teeth or replying to a message.

2. YOU DELAY OR AVOID STARTING EVEN SMALL TASKS

It's not about motivation. Your body may be conserving energy as a survival strategy.

3. YOU SCROLL OR WATCH TV WITHOUT TAKING ANYTHING IN

Zoning out becomes a way to disconnect from overwhelm, even if it doesn't feel restful.

4. YOU CANCEL PLANS WITHOUT KNOWING EXACTLY WHY

You might feel too tired or overwhelmed to explain. Your system is seeking safety.

5. YOU FEEL FLAT, NUMB, OR DISCONNECTED FROM EMOTIONS

It's not that you don't care. You just can't access feelings in the same way.





6. YOU'RE EXHAUSTED, NO MATTER HOW MUCH YOU REST

This isn't laziness. It's nervous system fatigue that rest alone can't resolve.

7. YOU FUNCTION OUTWARDLY, BUT FEEL EMPTY INSIDE

You go through the motions — work, care, smile — while feeling emotionally shut down.

8. YOU AVOID DECISION-MAKING BECAUSE IT FEELS OVERWHELMING

Even small choices can trigger panic, shutdown, or paralysis.

9. YOU FEEL DISTANT OR ZONED OUT IN CONVERSATIONS

It's hard to stay present when your body is in a survival state.

10. YOU CAN'T EXPLAIN WHY YOU FEEL UNMOTIVATED OR BLANK

It doesn't make sense on the surface but your body may still be bracing underneath.

THESE RESPONSES AREN'T PERSONALITY FLAWS. THEY'RE PROTECTIVE ADAPTATIONS, YOUR NERVOUS SYSTEM DOING ITS BEST TO KEEP YOU SAFE.

A MOMENT OF SELF-COMPASSION

This page is for you — no rules, no expectations.

If my body could speak right now, what might it be asking for?

Take a breath and try this gentle statement:

"It makes sense that I feel this way."

Repeat it if you need to. You're allowed to meet yourself with care.

What You Can Do – Gently

You don't need a morning routine, a 10-step plan, or a big breakthrough. Here are some small, body-based ways to signal safety to your nervous system:

- Sip water slowly and notice the sensation
- Feel your feet on the floor and name 3 things you can hear
- Change your posture — stretch, curl up, soften, move
- Place one hand on your chest and one on your belly. Notice your breath, even if it's shallow.
- Whisper to yourself: "I think I might be in freeze right now and that's okay"

These are not fixes.

They are gentle invitations to reconnect.

You can't force your way out of freeze. But you can create little moments of safety that help you shift, slowly, when your body is ready.

CLOSING WORDS



Functional freeze isn't something you choose and it is not something you have to fight.

There's no one-size-fits-all approach. What supports one person might not support another. Your needs are unique.

If you'd like to explore this more in a supported space, I offer free 15-minute connection calls. There's no pressure, just a chance to feel heard and see what might help.

You can book a time that suits you at:

[SCHEDULE A FREE CALL](#)

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