

# The Emergency Rest Toolkit

*What to do when all is too much*

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# INTRODUCTION

You've been holding so much for so long.

Every day, you're showing up, for your work, your people, your family.  
And somewhere in between, you've stopped feeling like yourself.

This toolkit was made for those in-between moments. The moments  
when you're too tired to think but still craving something that feels like  
care.

It's a like a quiet rebellion not dramatic, but rooted in truth:  
You deserve rest that doesn't need to be earned.

Inside, you'll find simple tools to meet yourself where you are. No  
pressure, no fixing, no endless advice. Just what helps.

Take what resonates. Leave the rest.  
But please know: this moment matters.





## ABOUT ME

Hi, I'm Andria. Psychologist, mother of four, and mentor for women who are done pretending they are fine.

I've sat on both sides of the burnout story: as a professional holding space, and as a woman who once couldn't get off the couch from exhaustion, heart racing, wondering what was wrong with me, and being told it was "just stress."

That moment changed everything.

Today, I help women rewrite their lives around what truly matters: nervous system safety, ancestral rhythms, motherhood without martyrdom, and work that doesn't cost them their health.

My work is bold, grounded, and political, because reclaiming your time, your body, your boundaries is an act of rebellion in a world that profits from your exhaustion.

If you're ready to start that rebellion, this toolkit is your first step.



## WHEN YOUR MIND WON'T STOP

You're stuck in a loop. Overthinking, spinning, scrolling. Your body's frozen, but your brain is on fire! Jumping from task to task, past to future, fear to guilt.

This is your sympathetic nervous system in overdrive. It's the "fight or flight" part of your brain, designed to keep you safe. But it wasn't meant to stay switched on all day. Without breaks, it short-circuits, and that's what you're feeling now.

### **Try this:**

- Sit on the floor. Let your spine touch something solid — a wall, the edge of the bed, the earth.
- Name 3 things you see. 3 things you hear. 3 things you feel.
- Then take 4 slow exhales through the mouth. Make noise. Let it out like steam. No performance. Just release.

### **Reminder:**

You don't have to figure anything out right now. You don't need a plan. You're allowed to just exist. You're allowed to come back to your body before doing anything else.



## WHEN YOU FEEL NUMB OR GONE

You're here, but you're not really here.

You're going through the motions. Nodding. Smiling. Maybe even working. But inside, it's quiet.. too quiet.

This is your dorsal vagal system at play, a part of the nervous system that shuts things down when it all becomes too much. It's what mammals do when we freeze or play dead. It's a wise survival strategy... but it's not meant to last forever.

### **Try this:**

- Run cold water over your hands or splash it on your face. Feel the temperature.
- Jump in place or shake your arms like you're brushing off dust or stress.
- Say out loud, even if it feels awkward: "I am here. I am safe. I am allowed to feel."

### **Reminder:**

Numbness is not failure. It's a sign your body is trying to protect you. You don't need to force yourself to feel anything. Just offer your body a path back home.



## WHEN YOU FEEL TOO MUCH, TOO FAST

It hits all at once: anger, sadness, shame, overstimulation. The noise of the world is loud. Your skin feels thin. You're crying, snapping, shutting down.

This is a nervous system flooding. A surge of chemicals, cortisol, adrenaline, designed for short bursts, not long-term survival. When the flood comes, the best thing you can do is pause and ground.

### **Try this:**

- Place one hand on your chest and one on your belly.
- Say softly: "It's okay to pause."
- Take slow, full breaths into your belly. Unclench your jaw. Let your shoulders drop.

### **Then:**

Find something soft. A blanket. A couch. A warm drink. Let yourself curl up. Feel yourself supported by gravity. Imagine your body slowly coming back to baseline, not because you "have to calm down," but because you're allowed to.

### **Reminder:**

This is chemical. Physical. Real.

You are not overreacting. Your body is doing exactly what it was built to do. And now, you get to offer it something new: safety. Stillness. Rest.



## EMERGENCY SENTENCES TO KEEP CLOSE

Some days, the hardest thing is asking for space or even remembering that space is an option.

These sentences are here for those moments. When you're on the edge. When you need air.

They are small doors back to yourself.

A way to interrupt the stress response, even just for a breath.

- "Not right now."
- "I need five minutes."
- "I'll answer that later."
- "I can't hold this alone and that's okay."
- "This is a lot."

Use them. Whisper them. Write them on your mirror.

Let your nervous system hear: I'm not in danger. I'm allowed to pause. I'm not alone.





# A NOTE BEFORE YOU GO

This toolkit was never meant to fix you. Because you're not broken.

It's meant to remind you of what you already carry: wisdom, instincts, the deep knowing that rest isn't something you earn, it's something you need.

If this stirred something in you, don't let it stay a quiet whisper. There's a whole new way of living waiting for you, beyond burnout and beyond survival. And if you're ready to explore that, I'd love to walk with you.

You'll find more support and the first step toward working with me 1:1 on my Instagram account: [\*\*@i\\_am\\_andria\\_smith\*\*](#)

Until then: Rest like your future depends on it. Because it does.