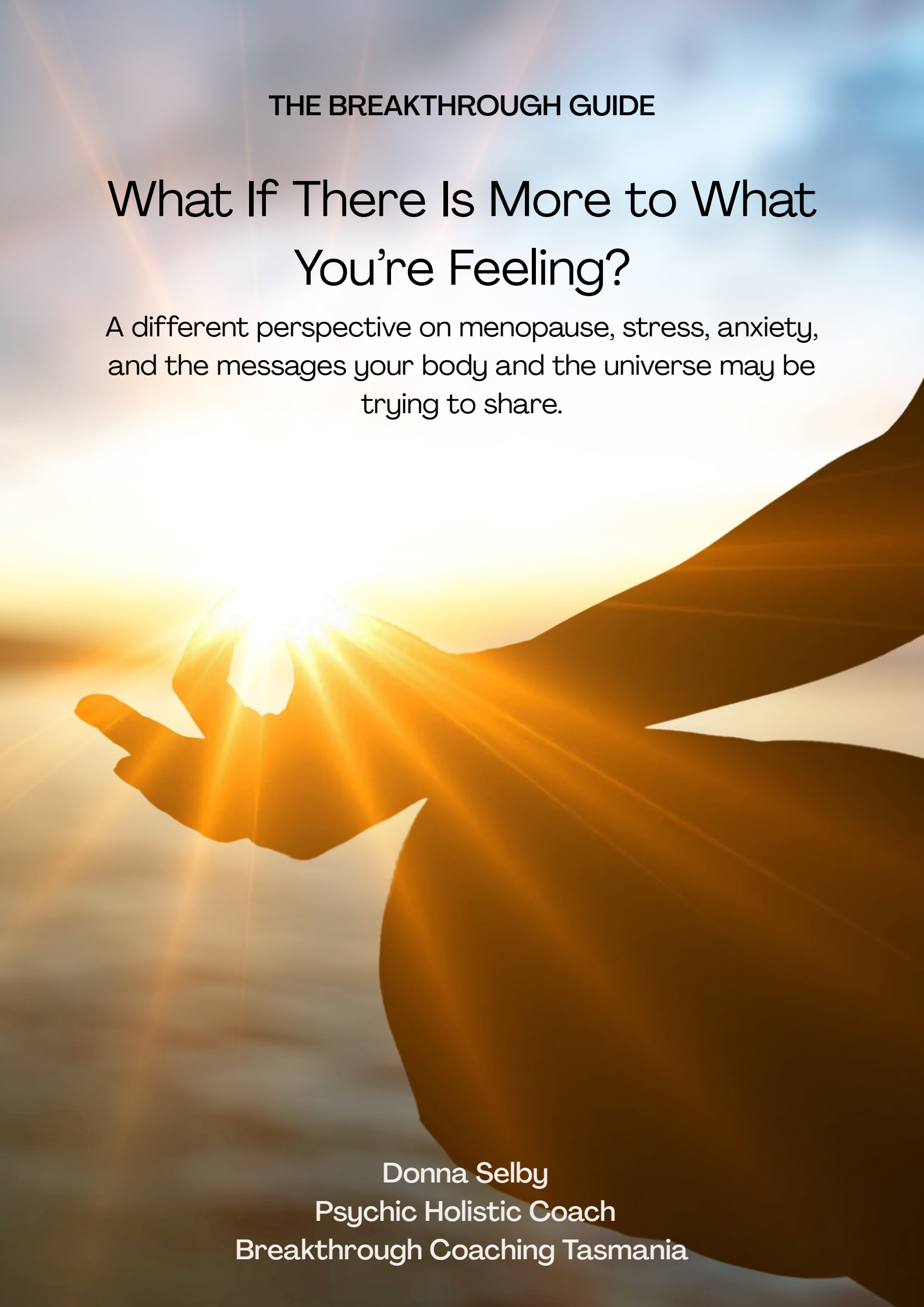




THE BREAKTHROUGH GUIDE

What If There Is More to What You're Feeling?

A different perspective on menopause, stress, anxiety,
and the messages your body and the universe may be
trying to share.

Donna Selby
Psychic Holistic Coach
Breakthrough Coaching Tasmania



Welcome

There was a time when I went from practitioner to practitioner, desperately hoping someone would tell me what was wrong and fix me. I spent three months mostly in bed, completely overwhelmed by what was happening. I felt embarrassed, frustrated and scared. I had been under so much stress that my mind had shut down, and even the simplest things felt beyond me. My body had brought me to a complete stop, but I didn't yet understand why.

Eventually, I began to wonder whether there was more to what I was experiencing. What if my body wasn't working against me? What if it was trying to communicate everything I had been carrying for far too long?

That experience led me to explore the connection between our emotions, nervous system and physical body. Over the past five years, I have studied holistic coaching, nervous system regulation and emotional wellbeing. Along the way, I also embraced my intuitive abilities, allowing me to support women through practical coaching and a deeper spiritual perspective.

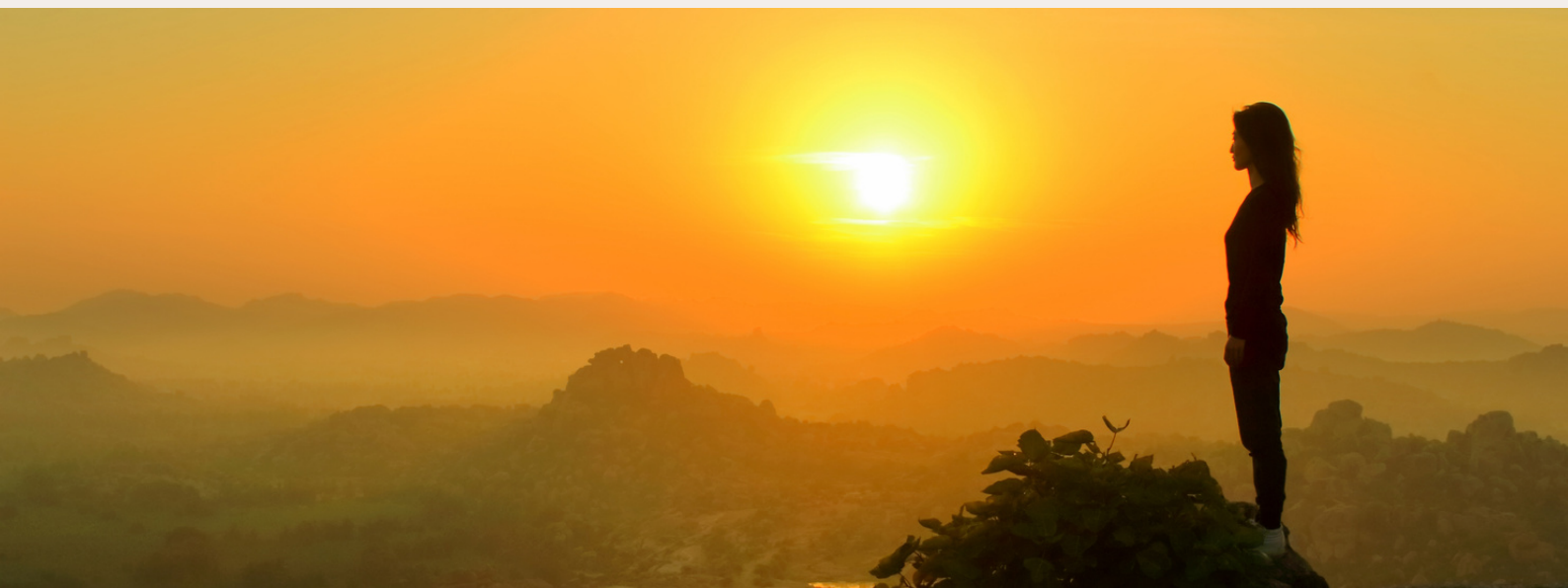
This guide isn't about replacing medical advice or treatment. I believe there is room for both medical and holistic support. My intention is to help you become curious about what your body may be communicating, recognise the signs appearing around you, and learn how to tune in to yourself. Because the more deeply you understand yourself, the more empowered you become to make the decisions that feel right for you.

Becoming Curious

I invite you to become curious. What if your body isn't working against you? What if your symptoms are messengers, trying to draw your attention towards areas of your life that may need greater care, support or change?

I believe there is room for both medical and holistic treatment. We can care for the physical symptoms while also exploring the emotional root causes and what our body may be communicating.

Rather than viewing these issues as something holding us back, what if we saw them as an invitation to grow, expand and understand ourselves more deeply? An opportunity to tune in, make empowered decisions and move forward, rather than remaining stuck in the same patterns for the rest of our lives.



Your Nervous System Changes Everything

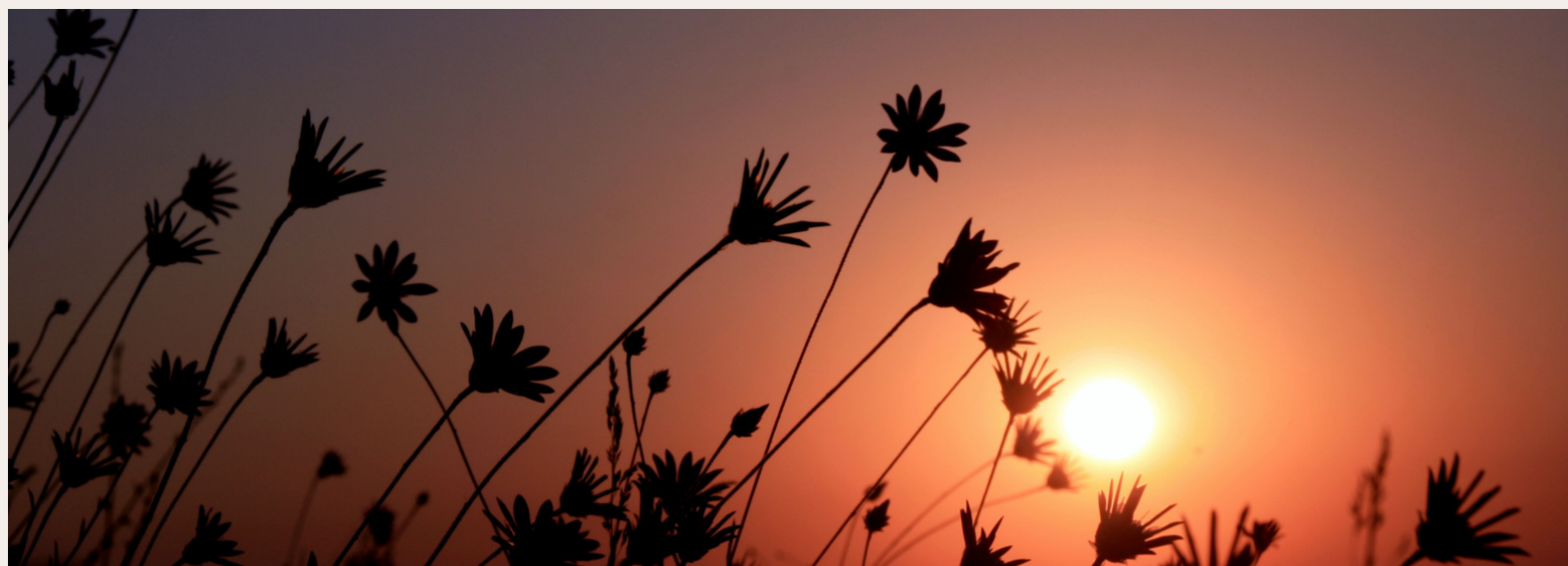
Your nervous system is constantly receiving information from within you and from the world around you. Its role is to help protect you. When it senses pressure, uncertainty, conflict or danger, it can activate a stress response before you have even had time to think about what is happening.

This response is not only triggered by physical danger. Emotional overwhelm, financial pressure, relationship difficulties, grief, feeling unheard, constantly putting everyone else first or simply carrying too much for too long can also leave your body feeling as though it needs to protect you.

Your body is continually responding to what you are experiencing, even when your mind is telling you to keep going.

Reflection

What has your nervous system been responding to lately?



How Your Body Tries to Protect You

You may have heard of fight, flight, freeze and fawn. These are different ways your nervous system may respond when it feels overwhelmed or unsafe.

Fight can feel like irritability, anger, frustration or a strong need to regain control.

Flight may show up as anxiety, restlessness, overthinking or feeling as though you always need to be doing something.

Freeze can leave you feeling numb, exhausted, disconnected or unable to think clearly or take action.

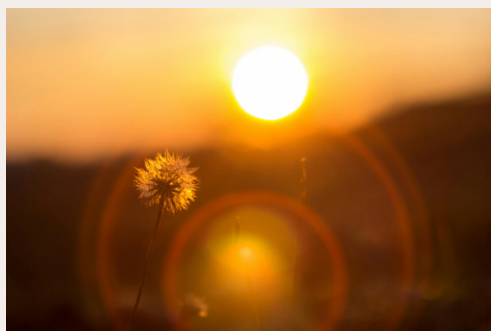
Fawn may look like people pleasing, avoiding conflict and putting everyone else's needs before your own in an attempt to keep the peace.

These responses are not personal flaws. They are protective patterns your body may have learned during times when it felt overwhelmed or unsafe.

The difficulty comes when the stressful experience has passed, but your body continues behaving as though the danger is still present.

Reflection

Which response do you recognise most strongly within yourself?



When Your Body Remains Under Pressure

When your nervous system remains under pressure, stress hormones such as adrenaline and cortisol may continue circulating throughout your body.

Over time, prolonged stress can affect your hormones, sleep, digestion, pain levels, appetite, weight, energy and your body's ability to recover and heal.

Stress may also make symptoms of menopause feel more intense because your body is already working hard to adjust to hormonal changes.

This is why nervous system regulation is such an important part of the work I do. We can eat well, exercise, take supplements and try to think positively, but if the body continues to feel unsafe, it may struggle to settle.

Your body is not trying to make your life difficult. It may be doing everything it can to protect you based on what it has experienced and what it believes you need.

Reflection

Where might ongoing stress be showing up within your body?



Helping Your Body Feel Safe

Nervous system regulation is not about remaining calm all the time. It is about recognising what is happening within you and helping your body understand that it is safe to come out of protection mode.

This may happen through breathing, movement, meditation, rest, spending time outside, creating healthier boundaries, expressing your emotions or finally acknowledging what you need.

Different things will help different people, which is why learning to tune in to yourself is so important.

When we understand what is happening within our nervous system, we create a little more space between what we feel and what we do. This gives us the opportunity to respond rather than automatically react. Awareness creates choice.

Perhaps the question is not only, “How do I make this symptom go away?”

Perhaps we can also ask:

What has my nervous system been responding to, and what might help me feel safer and more supported now?

You do not need to force an answer. Simply notice which question creates a response within you. Your body may be inviting you to listen, not blame yourself.

WHAT YOU MAY BE EXPERIENCING	WHAT IT MIGHT BE INVITING YOU TO EXPLORE
HOT FLUSHES	Where frustration, pressure or emotions may be building within you. What are you ready to express, release or change?
ANXIETY	What is leaving you feeling unsafe, uncertain or unable to switch off. What might help you feel more supported and grounded?
HEART PALPITATIONS	Where fear, excitement, emotional pressure or a need for change may be asking for your attention. What is your heart trying to bring into your awareness?
FATIGUE	Where you may have been pushing through, carrying too much or giving more than you are receiving. What genuinely restores your energy?
BRAIN FOG	Whether your mind has become overloaded with responsibilities, decisions or other people's needs. What could be simplified or put down?
SHOULDER PAIN	What responsibilities or emotional weight you may be carrying. Does everything on your shoulders truly belong to you?
HIP PAIN	How supported and safe you feel moving forward. Is part of you holding back from your next step or finding it difficult to receive support?
IBS	What you may be struggling to process, tolerate or let go of. Are there emotions, experiences or situations that feel difficult to digest?
WEIGHT GAIN	Whether your body may be seeking comfort, protection, energy or safety during a time of stress or change. What might your body need beyond restriction or criticism?
SLEEP ISSUES	What your mind and nervous system may still be holding onto at the end of the day. What would help you feel safe enough to rest?
OVERWHELM	Where your needs, limits or boundaries may have been overlooked. What can be reduced, shared, postponed or released?

Questions to Help You Tune In

You do not need to answer every question at once.

Choose the question that feels most relevant to you today. Sit somewhere comfortable, make yourself a hot cuppa and give yourself the space to listen to what comes up.

What do I need right now, in this very moment?

What do I need in general?

What have I been ignoring?

Where am I constantly giving without receiving?

What am I carrying that isn't mine?

Where do I no longer feel like myself?

What emotions have I been holding in?

What area of my life may need greater attention?

What would help me feel safe and supported today?

What is one loving step I can take for myself?

Try not to judge or overthink your answers. The first thought, feeling, word or image that arises may be the one asking for your attention. You don't need to change your whole life today. One small act of awareness can be the beginning of meaningful change.

A Personal Note

I truly believe our bodies are incredibly wise. Sometimes what feels like everything is falling apart may actually be asking for our attention in a different way.

Our symptoms, emotions, recurring patterns and the signs appearing around us can invite us to stop, listen and understand ourselves more deeply.

I hope this guide has encouraged you to approach what you are feeling with curiosity rather than fear.

You do not need to have all the answers. You can begin by listening to yourself, recognising what you need and taking one small step forward.

With love,

Donna xo

Would You Like Some Support?

If this guide has brought something into your awareness and you would like help exploring it, I would love to support you.

Through my coaching, readings and energy work, I help women understand themselves, regulate their nervous system, explore emotional patterns and find practical ways forward.

Ways to work with me:

Breakthrough Power Session

Breakthrough Session

Email Readings

Breakthrough Community

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