



7 Signs Your Nervous System Is Overwhelmed.



A gentle reminder from Bold &
Blooming Counseling Services





Everything feels
“too much.

Small tasks start to feel heavy or
impossible.





You're extra irritable.

Tiny things set you off because
your system is already maxed out.





You can't focus.

Your brain is in survival mode →
not thinking mode.





You feel tired...
but wired.

Your body is exhausted while your
mind won't slow down.





Your body feels
tense.

Jaw tight, shoulders raised, chest
heavy — your body keeps the
score.





You overthink everything.

Your mind loops because it's
trying to feel in control.





You disconnect
from yourself.

Numb, shut down, or “going
through the motions.





Your nervous
system isn't
failing.

It's signaling.

It's asking for gentleness, not
judgment. 🌱
— Bold & Blooming Counseling

