

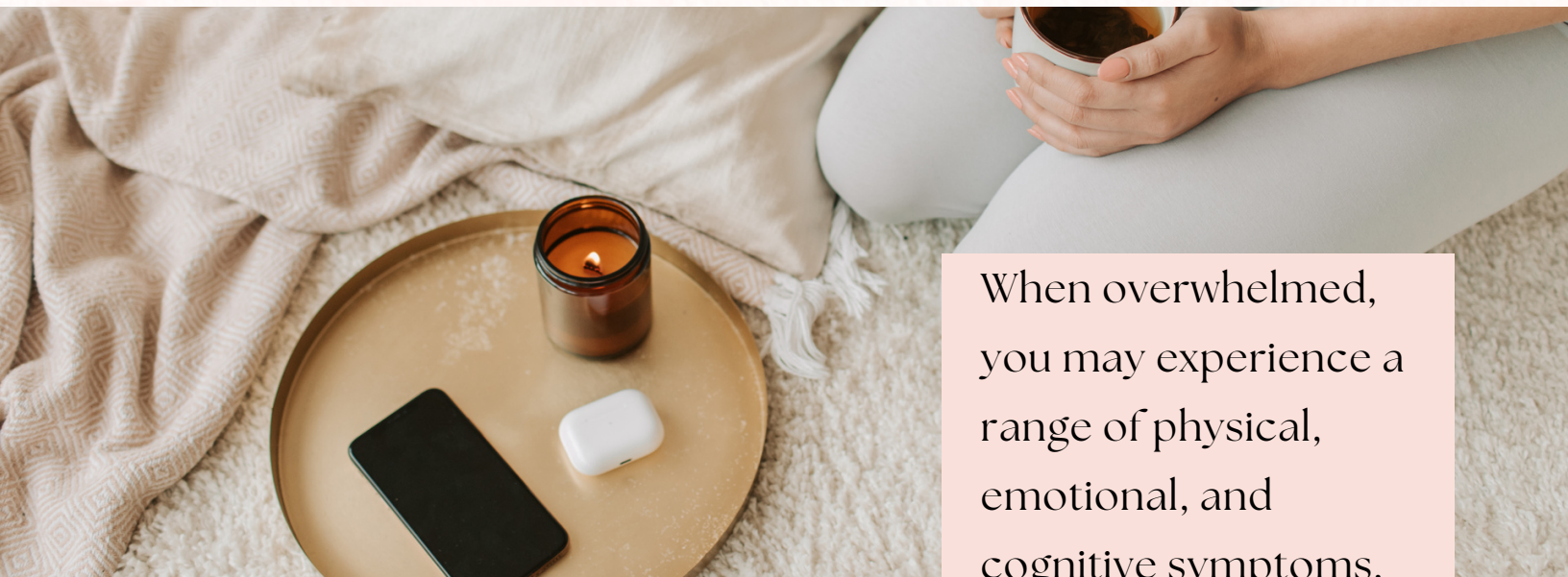
# NERVOUS SYSTEM SELF-REGULATION

12 signs of a disregulated nervous system  
for female entrepreneurs

BY LIZ VOWLES



# WHAT IS NERVOUS SYSTEM DISREGULATION?



"Nervous system overwhelm" refers to a state of stress or stimulation that taxes the body's nervous system beyond its capacity to effectively cope.

It involves a dysregulated response of the sympathetic nervous system, often referred to as the "fight or flight" response, which is activated during times of stress or danger.

When overwhelmed, you may experience a range of physical, emotional, and cognitive symptoms, heightened anxiety, irritability, difficulty concentrating, racing thoughts, muscle tension, fatigue, and disrupted sleep patterns.

# 12 SIGNS TO LOOK OUT FOR

1. **Heightened Anxiety:** Experiencing persistent feelings of worry, apprehension, or unease, which may interfere with daily functioning.
2. **Mood Swings:** Noticeable shifts in mood, ranging from irritability and frustration to tearfulness or moodiness, often without an apparent cause.
3. **Difficulty Concentrating:** Finding it challenging to focus on tasks, make decisions, or retain information due to racing thoughts or mental fog.
4. **Physical Symptoms:** Experiencing physical manifestations of stress, such as muscle tension, headaches, digestive issues, rapid heartbeat, or difficulty breathing.
5. **Fatigue and Exhaustion:** Feeling constantly tired or drained, even after adequate rest, due to the demands of entrepreneurship and ongoing stress.
6. **Sleep Disturbances:** Difficulty falling asleep, staying asleep, or experiencing restless sleep patterns, leading to fatigue and exacerbating stress levels.
7. **Decreased Motivation:** Losing enthusiasm or drive for work-related tasks, projects, or goals, feeling overwhelmed by the workload or lack of progress.
8. **Increased Sensitivity:** Becoming more sensitive or reactive to external stimuli, such as noise, light, or social interactions, due to heightened stress levels.
9. **Social Withdrawal:** Pulling away from social interactions or avoiding networking opportunities due to feelings of overwhelm, self-doubt, or fatigue.
10. **Changes in Appetite:** Experiencing changes in appetite, such as overeating or undereating, as a response to stress and emotional distress.
11. **Perfectionism:** Feeling an intense pressure to excel or meet high standards, leading to excessive self-criticism, fear of failure, or avoidance of taking risks.
12. **Difficulty Relaxing:** Finding it challenging to unwind, relax, or engage in leisure activities due to persistent feelings of tension or worry.

# HOW AM I FEELING?

Does this list sound like you?

**Being in this state isn't serving you or your business.**

**Let's begin to cultivate kindness to ourselves.**

Recognising these signs early on can help you take proactive steps to manage stress, prioritise self-care, and seek support when needed.

# WHAT IS BURNOUT?

**We hear a lot about burnout, but what is it?**

Overwhelm can be triggered by a number of things: high-pressure situations, excessive workload, chronic stress, trauma, or a combination of stressors.

Prolonged exposure to stress without adequate rest or relaxation can lead to burnout, a state of emotional, physical, and mental exhaustion. It is important to take steps to regulate your nervous system before you hit burnout.

This becomes a moment of empowerment when you choose to make your own nervous system health a priority, starting today.

# PAYING THE PRICE OF A DISREGULATED SYSTEM

1. **Impaired Decision-Making:** Overwhelm can cloud judgment and impair decision-making abilities, making it difficult to navigate business challenges effectively.
2. **Decreased Productivity:** Overwhelm often leads to decreased productivity as it becomes challenging to focus and prioritize tasks efficiently.
3. **Burnout:** Chronic overwhelm can contribute to burnout, leading to exhaustion, decreased motivation, and even physical and mental health issues.
4. **Difficulty Managing Stress:** Female entrepreneurs may struggle to effectively manage stress and may experience heightened anxiety and tension.
5. **Impact on Relationships:** Overwhelm can strain relationships, both personal and professional, as it may lead to increased irritability, withdrawal, or difficulty communicating.
6. **Imposter Syndrome:** Overwhelm can exacerbate imposter syndrome, causing female entrepreneurs to doubt their abilities and feel undeserving of their successes.
7. **Difficulty Seeking Help:** Women may face societal pressures or internalized beliefs that make it challenging to seek support or delegate tasks, exacerbating feelings of overwhelm.
8. **Risk of Financial Instability:** If overwhelm leads to poor decision-making or decreased productivity, it can negatively impact the financial stability and success of the business.
9. **Impact on Mental Health:** Prolonged overwhelm can have serious implications for mental health, including increased levels of stress, anxiety, and depression.
10. **Struggles with Work-Life Balance:** Balancing the demands of entrepreneurship with personal responsibilities becomes even more challenging when overwhelmed, leading to feelings of guilt or inadequacy in both domains.

# WHAT CAN WE DO?

“It was my own journey with overwhelm that led me to slow, mindful yoga, and ultimately inspired me to develop my 5 step system that delivers nervous system regulation to manage stress.

My aim is to bring this practice to as many women as possible, so we can rebalance and thrive together” founder Liz Vowles



# BUSINESS WELLNESS – A NEW ERA OF SELF CARE

As entrepreneurs, we can often face high levels of pressure and uncertainty, and this state of nervous system overwhelm can become our normal lived experience, we can get stuck in a state of overwhelm or freeze.

Female entrepreneurs, in particular, may face additional challenges due to societal expectations, gender biases, and the juggling of multiple roles and responsibilities.

## **What can we do?**

I believe it's crucial for female entrepreneurs to prioritise their well-being and develop resilience strategies to navigate the demands of entrepreneurship while maintaining their mental and emotional health.

Imagine running your day to day business with ease, feeling regulated and joyful.

With targeted nervous system practices you will cultivate balance, rest and radiant health so that you can make the impact and the money you desire in your business from a place of wellbeing that shines.

# About LIZ VOWLES

Liz is passionate about supporting female entrepreneurs to thrive in their businesses with a well-regulated nervous system, so that they can make the impact and money they desire without burning out.

Liz is founder of **Rebalanced and Thriving in Business**, the membership that teaches nervous system regulation for female entrepreneurs.

For more information go to:  
[www.lizvowles.com/rebalanced](http://www.lizvowles.com/rebalanced)



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