

HIGH FUNCTIONING.. BUT STRUGGLING?

HEALD
THERAPY



A SAFE PLACE WHERE HEALING BEGINS

PEOPLE OFTEN DESCRIBE YOU AS “COPING”

FROM THE OUTSIDE, YOU SEEM ORGANISED, CAPABLE AND PRODUCTIVE. YOU STILL SHOW UP, REPLY TO PEOPLE, GO TO WORK AND KEEP THINGS TICKING OVER — EVEN WHEN INTERNALLY THINGS FEEL HEAVY OR OVERWHELMING. LIKE YOU ARE CONSTANTLY ON THE EDGE OF FALLING OFF A CLIFF.

YOU MINIMISE HOW YOU FEEL

YOU OFTEN TELL YOURSELF:

“OTHER PEOPLE HAVE IT WORSE”
“I’M PROBABLY JUST TIRED”
“I JUST NEED TO GET ON WITH IT”

EVEN WHEN YOU KNOW YOU’RE STRUGGLING...

RESTING FEELS UNCOMFORTABLE OR GUILTY

WHEN YOU’RE USED TO CONSTANTLY FUNCTIONING, SLOWING DOWN CAN FEEL UNFAMILIAR AND THEREFORE FRIGHTENING. SOMETIMES REST IS ACCOMPANIED BY GUILT, OVERTHINKING OR THE FEELING THAT YOU SHOULD BE DOING SOMETHING “PRODUCTIVE”. YOU DON’T ALLOW YOURSELF TO SLOW DOWN.

YOU ONLY REALISE HOW OVERWHELMED YOU ARE WHEN YOU STOP

MANY HIGH FUNCTIONING PEOPLE KEEP GOING UNTIL THEIR MIND AND BODY FORCE THEM TO SLOW DOWN — WHETHER THAT LOOKS LIKE EMOTIONAL EXHAUSTION, IRRITABILITY, SHUTTING DOWN, CRYING UNEXPECTEDLY OR FEELING COMPLETELY DRAINED. IF YOU DON’T STOP, YOUR BODY WILL OFTEN MAKE THAT DECISION FOR YOU. THE BODY ALWAYS KEEPS SCORE...

YOU STRUGGLE TO ASK FOR SUPPORT

YOU’RE OFTEN THE PERSON OTHER PEOPLE RELY ON - YOU’RE THE GO-TO - MEANING ASKING FOR HELP YOURSELF CAN FEEL UNCOMFORTABLE, UNFAMILIAR OR EVEN UNDESERVED... SO YOU NEVER DO.

YOU’VE BECOME USED TO SURVIVING IN “GO MODE”

CONSTANTLY STAYING BUSY, DISTRACTED OR PRODUCTIVE CAN SOMETIMES BECOME A UNHELPFUL COPING MECHANISM IN ITSELF, MAKING IT DIFFICULT TO RECOGNISE WHEN YOU ACTUALLY NEED REST, SUPPORT OR SPACE TO BREATHE. YOU JUST KEEP GOING.

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GENTLE REMINDERS

BEING CAPABLE DOES NOT MEAN YOU ARE NOT
STRUGGLING.

“COPING” AND BEING OKAY ARE NOT ALWAYS THE SAME
THING.

YOU DO NOT HAVE TO WAIT UNTIL BREAKING POINT TO
DESERVE SUPPORT.

REST IS NOT SOMETHING YOU HAVE TO EARN.

HIGH FUNCTIONING PEOPLE STILL NEED CARE TOO.
YOU ARE ALLOWED TO SLOW DOWN.

IT'S OKAY IF PEOPLE DON'T REALISE HOW MUCH YOU'RE
CARRYING.

YOU DESERVE SUPPORT BEFORE BURNOUT.

STOP. PAUSE. TAKE A BREATH.

FROM HEALD THERAPY

JUST BECAUSE YOU ARE MANAGING TO KEEP GOING
DOES NOT MEAN YOU ARE NOT STRUGGLING.

MANY HIGH FUNCTIONING PEOPLE BECOME SO USED
TO CARRYING EVERYTHING QUIETLY THAT THEY
FORGET THEY ARE ALLOWED TO SLOW DOWN, FEEL
SUPPORTED AND ASK FOR HELP TOO.

YOU DO NOT HAVE TO WAIT UNTIL YOU REACH
BREAKING POINT TO DESERVE CARE, REST OR SUPPORT.

BEING CAPABLE AND OVERWHELMED CAN EXIST AT THE
SAME TIME.

BE GENTLE WITH YOURSELF ❤️

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