
SURVIVAL MODE RESETTM

*A Gentle, Practical Path from
Overwhelmed to Rebuilding*

RISETM COLLECTION

by

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WELCOME

If you picked up this workbook, there's a good chance you've been running on empty for a while — showing up, getting through the day, holding it together, without much room left to actually feel anything about it.

I want to say this clearly, right at the start: what you're experiencing is not a character flaw. It's not laziness, and it's not you being "too sensitive." It's a normal, predictable response to prolonged stress — and it has a name: survival mode.

This workbook won't ask you to overhaul your entire life this week. It asks something much smaller and much more doable: one honest look at where you are, and one small step at a time toward rebuilding. That's genuinely enough to start.

If what you're carrying feels heavier than a workbook can hold, reaching out to a therapist or counselor is a strong, valid step — this workbook is meant to work alongside that kind of support, not replace it.

You don't have to have it figured out today. You just have to begin.

One Action Step: Find a quiet ten minutes and read through this workbook once, without pressure to act on anything yet.

Reflection Question: What made you pick this up today, specifically?

WHAT IS SURVIVAL MODE?

Survival mode is what happens when your mind and body have been under sustained pressure for so long that they shift from *living* to simply *getting through*. It's not a diagnosis — it's a protective response, the same instinct that once helped humans survive real danger, now activated by ongoing stress that never quite lets up.

Common causes include:

- Prolonged work or financial stress
- Caregiving without enough support
- Grief, loss, or major life transitions
- Relationship strain or isolation
- Simply too much, for too long, with too little rest

Why it happens: Your nervous system doesn't distinguish well between “danger” and “overwhelmed.” When stress stays high long enough, your body settles into a protective, low-energy holding pattern — conserving resources for whatever comes next, at the cost of everything that isn't essential.

How it shows up in daily life: Decisions feel harder than they should. Rest doesn't feel restful. Things you used to enjoy feel flat. You're managing the day, but rarely present in it.

None of this means something is wrong with you. It means you've been carrying more than one person should carry alone, for longer than anyone should carry it.

One Action Step: Notice, without judgment, one place today where you're operating on autopilot.

Reflection Question: How long has it felt like you've been in “just get through it” mode?

SIGNS YOU'RE STUCK IN SURVIVAL MODE

Recognizing survival mode is the first real step out of it. Check anything that's felt true for you lately — this isn't a test to pass or fail, just an honest snapshot.

- ☐ Constant exhaustion, even after rest
- ☐ Feeling overwhelmed by ordinary tasks
- ☐ Difficulty making even small decisions
- ☐ Living day to day, with little sense of what's ahead
- ☐ Lack of motivation for things that used to matter
- ☐ Emotional numbness, or feeling “flat”
- ☐ Feeling disconnected from your own goals
- ☐ Difficulty concentrating or following through

How many did you check? _____

If you checked several of these, please hear this: you're not broken, and you're not alone. These are common, well-documented responses to prolonged stress — not evidence that something is fundamentally wrong with you.

One Action Step: Circle the single sign above that feels most true right now.

Reflection Question: Which of these signs would the people close to you be most surprised to learn you're experiencing?

THE RISE RESET FRAMEWORK™

Everything in this workbook moves through four simple steps. Return to this page anytime you feel stuck.

RECOGNIZE Notice where you are, without judgment. You can't shift what you won't first acknowledge.

INTERRUPT Pause the unhelpful pattern. Create just enough space between the stress and your response to it.

SIMPLIFY Focus only on what truly matters right now. Everything else can wait.

ENGAGE Take one meaningful action today. Not everything — one thing, done with intention.

Recognize → Interrupt → Simplify → Engage. This is the shape of the entire 7-Day Reset that follows — and a shape you can return to anytime survival mode starts to creep back in, long after this week ends.

One Action Step: Say each of the four words slowly, and notice which one feels hardest for you right now.

Reflection Question: Where in your life could you use even five minutes of “interrupt” today?

THE 7-DAY RESET CHALLENGE

The next seven pages walk you through one small, focused shift each day. You don't need to do these perfectly, and you don't need to do them in a single unbroken streak — you just need to keep returning to them.

Each day includes a short journal prompt and a check-in. Give yourself permission to do this imperfectly. Progress here isn't measured in flawless execution — it's measured in showing up again tomorrow.

DAY 1 — PAUSE

Before anything changes, you need to stop long enough to notice where you actually are.

Today, focus on:

- **Slow down.** Let one task today take longer than usual, on purpose.
- **Reflect.** Notice one thought or feeling you've been rushing past.
- **Breathe.** Take five slow breaths, twice today, without multitasking through them.

Today's Check-In: How does my body feel right now, specifically?

One Action Step: Set a single reminder today just to pause and breathe.

Reflection Question: What have I been rushing past this week that deserves a slower look?

DAY 2 — REST

Survival mode runs on depleted reserves. Today is about beginning to refill them — not perfectly, just intentionally.

Today, focus on:

- **Sleep.** Protect one extra 30 minutes of rest tonight, if you can.
- **Hydration.** Drink water consistently through the day, not just when you remember.
- **Movement.** Move your body gently — a walk counts. This isn't about exercise performance.

Today's Check-In: What does genuine rest feel like for me, versus just being off-duty?

One Action Step: Choose one form of rest above and actually schedule it today.

Reflection Question: What's gotten in the way of rest for me lately?

DAY 3 — RELEASE

Some of what's weighing on you isn't actually yours to carry — or isn't yours to carry alone. Today is about naming that honestly.

Today, focus on:

- **Stress.** Name one source of stress you have more control over than it currently feels like.
- **Obligations.** Identify one commitment you could set down, delay, or ask for help with.
- **Negative thoughts.** Notice one recurring thought that isn't actually serving you.

What I'm releasing today:

One Action Step: Say no to, delay, or delegate one thing today — even something small.

Reflection Question: What have I been holding onto out of habit, not necessity?

DAY 4 — REBUILD

With a little more space and rest, today is about laying down one small, sustainable routine — not a whole new life.

Choose one area to build a simple routine around:

- **Morning** — one small anchor to start the day intentionally
- **Evening** — one small habit that signals the day is done
- **Meals** — one realistic improvement, not a full overhaul
- **Movement** — one repeatable, low-pressure way to move your body

My one new routine:

One Action Step: Choose the smallest possible version of this routine — small enough to actually repeat.

Reflection Question: What routine, if I kept it for a month, would quietly change the most?

DAY 5 — REFOCUS

Survival mode narrows your view down to just getting through. Today, gently widen it back out toward what actually matters to you.

Reconnect with your priorities:

What matters most to me right now — not what “should,” what actually does:

One thing I’ve lost touch with that I want back in my life:

One Action Step: Write your top priority somewhere you’ll see it daily this week.

Reflection Question: When did I last feel connected to what actually matters to me?

DAY 6 — RESET YOUR PLAN

You've paused, rested, released, rebuilt, and refocused. Today, turn that into a simple, realistic plan for the week ahead.

My top 3 priorities for the next 7 days:

1. _____

2. _____

3. _____

One routine from Day 4 I'm keeping: _____

One thing I'm intentionally leaving off this week's plan: _____

One Action Step: Keep this plan realistic — fewer things, done consistently, beats an ambitious list abandoned by Wednesday.

Reflection Question: What would make this coming week feel like real progress, even if it isn't perfect?

DAY 7 — RISE

You made it through seven days of showing up for yourself, one small step at a time. That's not nothing — that's the beginning of real momentum.

Celebrate progress:

One thing that's different, even slightly, from Day 1:

One moment this week I'm proud of:

My commitment moving forward:

One Action Step: Mark this milestone in a way that feels meaningful to you, however small.

Reflection Question: What do I want to remember about this week, the next time things feel heavy again?

REFLECTION PAGES

Use this page anytime during or after your 7-Day Reset — for a deeper check-in beyond the daily prompts.

Emotional Check-In: How am I feeling right now, in one honest word?

Daily Journal Prompt: What's one thing I noticed about myself this week that surprised me?

What I want to carry forward:

What I'm ready to let go of:

One Action Step: Return to this page weekly, even after the 7-day challenge ends.

Reflection Question: What does “rebuilding,” specifically, look like for me from here?

PRINTABLE WORKSHEETS

The following pages are designed for ongoing use — print extras of any page you’ll want to return to beyond this first week.

Survival Mode Self-Assessment

Sign	Rarely	Sometimes	Often
Constant exhaustion	[]	[]	[]
Feeling overwhelmed	[]	[]	[]
Difficulty deciding	[]	[]	[]
Living day to day	[]	[]	[]
Lack of motivation	[]	[]	[]
Emotional numbness	[]	[]	[]
Feeling disconnected	[]	[]	[]
Difficulty concentrating	[]	[]	[]

What this snapshot tells me today: _____

Daily Energy Tracker

Time of Day	Energy (1–10)	Notes
Morning	_____	_____
Afternoon	_____	_____
Evening	_____	_____

Pattern I’m noticing: _____

STRESS TRIGGER WORKSHEET

What triggered stress for me recently: _____

How my body responded: _____

What I did in the moment: _____

What I'd try next time: _____

Healthy Habit Tracker

Habit I'm building: _____

Day	1	2	3	4	5	6	7
Completed	☐	☐	☐	☐	☐	☐	☐

Weekly Reset Planner

Week of: _____

This week's one priority: _____

One thing I'm protecting time for: _____

One thing I'm saying no to: _____

PERSONAL REFLECTION PAGE

What's true for me today: _____

What I'm grateful for, even in a hard season: _____

What I want to remember about this chapter of my life: _____

One-Page Action Plan

My focus for the next 30 days: _____

Three small actions that support it:

1. _____

2. _____

3. _____

Who can support me: _____

How I'll know I'm making progress: _____

YOU ARE STRONGER THAN YOU THINK

You don't need to have everything figured out today.

You don't need to fix your entire life this week.

You simply need to take the next right step.

Small actions repeated consistently create meaningful transformation.

Celebrate your progress.

Keep moving forward.

— Nadege Nanadoum

Continue Your RISE™ Journey

FREE Resources

- Goal Planner™
- Financial Peace Starter Pack™
- Faith Over Fear: 5-Day Rebuild Challenge

Premium Programs

- RISE Digital Toolkit™
- Financial Freedom Blueprint™
- RISE Experience™

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