

# THE UNLEASHED RESET



A Therapist-Guided Emotional Reset for Burnout,  
Grief, and Emotional Exhaustion

TIFFANY HICKS, LPC-S

# YOU ARE NOT BROKEN

Many high-achieving women seek therapy for emotional burnout, grief, and nervous system exhaustion long before they allow themselves to rest.

If you found this guide, I want you to know something first.

You are not weak.

You are not behind.

You are not failing at healing.

You are exhausted because you've been strong for too long.

Most of the women I work with are competent, capable, intelligent, and deeply self-aware. They show up for everyone. They manage grief quietly. They push through heartbreak professionally. They regulate themselves in rooms where no one notices the cost.

At some point, the body says enough.

This reset is not about fixing you.

It's about creating space for your nervous system to breathe.

# RELIEF WITHOUT PERFORMING

EMOTIONAL BURNOUT RECOVERY FOR HIGH-ACHIEVING WOMEN

You don't need to earn rest.

You don't need to prove exhaustion.

You don't need to be productive to deserve support.

This reset exists to offer pause, presence, and permission.

A moment to stop managing and start listening.

This therapist-guided emotional reset supports women navigating burnout, grief, and emotional overload.

# WHY EMOTIONAL BURNOUT PERSISTS EVEN WHEN YOU'RE “DOING THE WORK”

EXHAUSTION, BURNOUT, AND GRIEF LIVE IN THE  
NERVOUS SYSTEM, NOT JUST THE MINDSET.

It lives in your body.

In unprocessed grief.

In roles you never got to put down.

In the version of you that was never allowed to fall apart.

You don't need more strategies.

You need regulation, safety, and containment.

That's where healing actually begins.

# THE 5-MINUTE UNLEASHED RESET

A NERVOUS SYSTEM REGULATION EXERCISE USED IN THERAPY FOR  
EMOTIONAL EXHAUSTION

FIND A QUIET SPACE.

PLACE ONE HAND ON YOUR CHEST AND ONE ON YOUR STOMACH.

INHALE THROUGH YOUR NOSE FOR 4 SECONDS.

HOLD FOR 2 SECONDS.

EXHALE THROUGH YOUR MOUTH FOR 6 SECONDS.

REPEAT 5 TIMES.

AS YOU BREATHE, SILENTLY SAY:

I AM ALLOWED TO REST WITHOUT EARNING IT.

NOTICE WHAT SOFTENS.

NOTICE WHAT RISES.

NO FIXING. JUST WITNESSING.

# GENTLE REFLECTION

Write without editing.

- What am I carrying that no one sees?
- Where did I learn that rest equals weakness?
- What would it feel like to be supported instead of strong?
- What part of me is asking for more care right now?

There are no right answers. Only honesty.

These questions are commonly used in therapy for grief, burnout, and emotional regulation.

# LISTENING TO YOUR BODY

YOUR BODY HOLDS WHAT YOUR MIND HAS LEARNED TO SURVIVE.

PAY ATTENTION TO WHERE TENSION LIVES.

WHERE EMOTIONS SIT QUIETLY.

WHERE RELIEF FEELS UNFAMILIAR.

HEALING BEGINS WHEN THE BODY FEELS SAFE ENOUGH TO SPEAK.

# A DIFFERENT KIND OF HEALING

EMOTIONAL HEALING AND BURNOUT RECOVERY DO NOT ALWAYS HAPPEN IN WEEKLY THERAPY SESSIONS ALONE.

IT HAPPENS IN INTENTIONAL, SUPPORTED SPACES WHERE YOUR FULL STORY IS WELCOME.

IF THIS RESET FELT GROUNDING, THAT'S NOT AN ACCIDENT.

YOUR NERVOUS SYSTEM RESPONDS TO ATTUNED CARE.

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# A PRIVATE THERAPEUTIC EXPERIENCE FOR WOMEN READY TO EXHALE

When women enter my work,  
they're not looking for surface  
relief.

They're seeking emotional  
safety, clarity, structure, and  
space to exhale.

Support that honors their  
season.

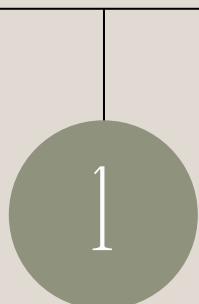
Their nervous system.

Their capacity.



# WHEN THE RIGHT SUPPORT MATTERS

For women who are emotionally aware, quietly exhausted, and ready for private therapeutic support that feels steady, not performative.



## PRIVATE

Discreet therapeutic care grounded in privacy, emotional safety, and trust.

## INTENTIONAL

Therapy that prioritizes nervous system regulation, emotional burnout recovery, and meaningful reflection.

## ATTUNED

Support shaped around your capacity, your season, and the realities you carry every day.

STAY CONNECTED

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