

# The Overwhelmed Empath Reset

By Leigh Ross



A simple grounding guide for sensitive, emotionally overloaded, or spiritually aware women who feel like they absorb too much, think too much, and struggle to fully switch off.

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## Why this reset exists

If you identify as an empath or highly sensitive person, you've probably noticed a pattern:

- You pick up other people's emotions easily
- You feel drained in social situations
- Your mind rarely fully switches off
- You can feel calm one moment and overwhelmed the next
- You've tried mindset work, but it doesn't always hold

This isn't a character flaw. It's often a nervous system that has learned to stay alert for too long. When the system is in a heightened state, everything feels louder—thoughts, emotions, intuition, even other people's energy. That makes clarity difficult, not because you're doing anything wrong, but because your internal signal is overloaded.

## What this reset does

This reset is designed to help you:

- calm internal overload
- reconnect with your body
- distinguish emotional noise from intuition
- create a sense of internal steadiness
- reduce reactivity and overwhelm

It is not about forcing calm. It is about creating enough safety in the system for calm to emerge naturally.

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### Step 1 — Come back to your body (2-3 minutes)

Sit or stand somewhere neutral.

Place your attention on:

- your feet on the ground
- the contact between your body and the surface you're on
- the feeling of your breath without changing it

Now gently look around the room and notice:

- 3 things you can see
- 2 things you can feel physically
- 1 sound you can hear

This is not about relaxation. It is about orientation—helping the nervous system recognise that you are here, now, and safe enough in this moment.





## Step 2 — Slow the internal pace

Notice what your mind is doing right now. If it is fast, looping, or scattered, don't try to stop it.

Instead, try this:

- lengthen your exhale slightly
- relax your jaw and shoulders
- let your attention drop from thoughts into your body

Even a small shift in attention begins to change the internal state over time.

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## Step 3 — Separate emotion from identity

If you are feeling overwhelmed, anxious, or emotionally full, try this reframe:  
*"This is a state I am experiencing, not who I am."*

Emotions are signals from the nervous system, not definitions of identity.

This simple separation reduces intensity and creates space between you and the experience.

## Step 4 — One simple question

Ask yourself gently:

"What would support me feeling 5% more safe right now?"

Not fully calm. Not fixed. Just 5%.

Possible answers might be:

- drinking water
- sitting down
- stepping outside
- turning down stimulation
- breathing slower
- being alone for a moment

Small shifts matter more than dramatic changes.



## What to expect

After doing this reset, you may notice:

- slight reduction in mental noise
- more physical awareness
- less urgency in thoughts
- a subtle sense of grounding

Or you may feel very little at first. That is also normal. Nervous system change is cumulative, not immediate.

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## Important reminder

You are not trying to "get rid of" sensitivity.

The goal is to stop living in constant overload so your sensitivity can become something you work with, not something that overwhelms you.

This is the beginning of regulation, not the end of healing.