

# The Sacred Pause

## A Love Letter to Women Who Need Rest But Are Afraid to Stop

*You are not lazy. You are not broken.  
You are unraveling in all the right places.*

### **This is not burnout.**

This is your nervous system whispering: "Come home."

If you're feeling exhausted, uninspired, or strangely hollow...

If you've canceled plans, ghosted your own calendar, or stared blankly at your to-do list...

You're not failing. You're in a sacred pause—a moment where your body is choosing survival over performance, wholeness over hustle.

We weren't designed to constantly perform.

We weren't built to be 24/7 light.

You are a woman—cyclical, powerful, and tender.

This tiredness? It's sacred data. It's your nervous system stepping in to protect you. It's a map inward. When your body slows down, it's not malfunctioning. It's regulating. It's saying, "We've been in fight-or-flight too long. Let's come back to rest and digest."

What if you stopped fighting the stillness... and let yourself be still? Not to bounce back. Not to be productive again. But to reclaim the part of you that only wakes up in the quiet. There's no gold star for burnout. But there is a deep, cellular recalibration waiting in the pause.

*Love yourself!  
page 1*

# The Sacred Pause

## A Love Letter to Women Who Need Rest But Are Afraid to Stop

### 5 Rest Rituals for Women Who Are Afraid to Rest

These practices calm your sympathetic nervous system and invite the parasympathetic (rest + repair) state to take over.

Translation? They bring you back to your body's natural rhythm of healing.

#### 1. Cancel With Ceremony

Light a candle and say it aloud: "I release this obligation and choose myself." Then cancel with care and power.

Your body recognizes ritual—it's a cue of safety.

#### 2. The Floor is Enough

Lay down. No yoga. No playlist. Just breath. Let your body melt and give it nothing to do.

Even 3 minutes of this sends a powerful message to your brain: "We're safe now." This is how you rewire fight/flight into trust.

#### 3. Sip Instead of Scroll

Make a beautiful drink. Tea, cacao, lemon water—whatever feels sacred. Sip it slowly while looking out a window. Let your senses reawaken. This activates your ventral vagus nerve—the pathway of peace.

# The Sacred Pause

A Love Letter to Women Who Need Rest  
But Are Afraid to Stop

## 4. Write What You're Afraid Will Happen If You Rest

Then ask yourself gently: Is that true? Is that still mine?  
Fear is just a protective pattern. Writing slows it down so your  
nervous system can re-evaluate.

## 5. Say This to Your Body:

"You don't have to earn this."

"You're allowed to exist, even when you're not producing." "You  
are lovable in stillness."

Your body listens. Speak safety into your cells.



# The Sacred Pause

A Love Letter to Women Who Need Rest  
But Are Afraid to Stop

## The Sacred "No" Script

Use this when canceling anything:

**"Hi love-I'm choosing to honor my energy tonight and rest. I'm learning to pause before I break, and I'm so grateful for your understanding. I'll be back with more presence and love when I return. Thank you for holding space for this sacred pause."**

This is more than self-care. This is nervous system stewardship.

You are not here to power through.  
You are here to tune in. To remember your body is not a machine-it is a mystic compass.

Let this pause be a beginning.

*Burlesque Confidence Secrets* 

### Want to go deeper?

If you loved this guide and want to dive deeper into unlocking your confidence, join me for a live class or one-on-one coaching session. Let's take this journey together.

[[Claim Your Confidence – Learn More Here](https://redhotannie.com/burlesque-confidence-secrets/)].

<https://redhotannie.com/burlesque-confidence-secrets/>