

# How to Get Out of Freeze Response

A gentle body-first sheet for numbness, shutdown, and feeling stuck.

## Start smaller

- Wiggle your toes or press your feet into the floor.
- Turn your head slowly and name one color.
- Take one sip of water or touch something cool.
- Change one thing: sit up, stand, open a blind, or move rooms.

## Permission

Freeze is not laziness. Your body may be protecting you. Start with one tiny movement, not shame.

This resource offers encouragement and practical support. It is not therapy, diagnosis, medical advice, treatment, or crisis care.