

Silent Wounds

Healing the Hidden Heart



ELLEN STANDBERRY

Silent Wounds: Healing the Hidden Heart

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SILENT WOUNDS

Healing the Hidden Heart

Ellen Standberry

A Breathwork, Faith & Healing Guide for Women

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Scripture quotations are from the Holy Bible.

This book is a memoir and personal healing guide. It is not intended to replace professional medical or mental health advice.

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*For every woman who has ever smiled through the
storm.*

For every hidden heart that ached in silence.

You were never invisible to God.

"Be still, and know that I am God."

— Psalm 46:10

*"The Lord is close to the
brokenhearted and saves those who
are crushed in spirit."*

— Psalm 34:18

Contents

Introduction: The Storm in the Quiet Room 1

Part One — The Hidden Heart

Chapter One: When Sunday Nights Became Terrifying 7

Chapter Two: The Language of Suffering 15

Chapter Three: Performing Stability 23

Part Two — The Healing

Chapter Four: Walking Away Without a Plan 33

Chapter Five: Saving Myself Spiritually 43

Chapter Six: The Breathwork That Changed Everything 53

Part Three — Sacred Joy

Chapter Seven: Breathing Again 67

Chapter Eight: Reclaiming My Life 77

The Storm in the Quiet Room

There are battles that make noise — and then there are battles that happen in silence.

Some hearts break quietly.

Some wounds never bleed on the outside.

I call them hidden hearts and silent killers.

A hidden heart is the version of yourself that smiles in public while suffering in private. It is the professional mask, the steady voice, the calm demeanor — all while chaos brews underneath. A silent killer is not always a disease. Sometimes it is anxiety. Sometimes it is humiliation. Sometimes it is the slow erosion of your confidence by someone in authority. Silent killers don't leave bruises people can see — they suffocate you from the inside.

I know this because I lived it.

For a long time, I worked a 9–5 job that slowly became the source of my trauma. Monday mornings were not just inconvenient — they were terrifying. I would toss and turn all night on Sundays, my body heating up with dread as if danger were approaching. My thoughts raced in circles. My chest felt tight. A warm, restless current moved through my body and refused to settle.

I lost my appetite.

Painful knots formed in my neck.

My shoulders stayed tense even in my sleep.

But when I walked into that office, you would never know.

I greeted everyone with a calm tone. I smiled. I performed stability. I perfected professionalism. My coworkers saw composure. They did not see the storm in the quiet room.

Behind closed doors, I was being brutally mistreated by my director. The daily micro-aggressions, the subtle dismissals, the shifting expectations, the quiet undermining — it chipped away at me piece by piece. I became angry with myself for staying. Angry for not knowing how to fix it. Angry for feeling powerless.

My anxiety went through the roof. Yet I convinced myself I just needed to be stronger.

That's how hidden hearts survive. They endure. They perform. They break quietly.

To understand what was happening to me, I had to learn the language for it.

Anxiety is more than nervousness. It is a persistent state of fear or worry that activates the body's stress response — even when no immediate physical threat is present. It lives in racing thoughts, muscle tension, sleepless nights, and a constant sense of impending danger.

Micro-aggressions are subtle, often indirect comments or behaviors that communicate hostility, disrespect, or bias. They are small enough to be dismissed individually — but repeated daily, they become psychological warfare.

Emotional burnout is the depletion that comes from prolonged stress. It is when your mind, body, and spirit are stretched beyond capacity, leaving you drained, detached, and overwhelmed.

What I was experiencing was not weakness.

It was trauma wrapped in professionalism.

Because sometimes the loudest storms happen in the quietest rooms.

The Hidden Heart

There is a kind of suffering the world does not honor — not because it isn't real, but because it leaves no visible scar. This section is the witness. These pages hold space for the storms you survived in silence.

When Sunday Nights Became Terrifying

I used to love Sundays.

They belonged to rest, to church, to the slow rhythm of a day that asked nothing of me. But somewhere in the middle of those years — those years I now call my silent season — Sunday evenings stopped feeling like a gift. They became a countdown.

By 7:00 p.m., the anxiety would arrive uninvited. A warmth spreading through my chest that had nothing to do with comfort. A tightening in my jaw. A mind that refused to slow down, running simulations of Monday morning — what would be said, how I would be dismissed, which version of myself I would need to perform just to survive the week.

I had stopped sleeping through the night. My body had decided that rest was a luxury it could not afford.

I want you to know that what I experienced has a name. Anticipatory anxiety. It is the body's way of bracing for a threat it has learned to expect — not because the threat is imaginary, but because it has been real enough, often enough, to train your nervous system into a state of constant preparation.

The human body was not designed to live in that state indefinitely. When the stress response is activated chronically, it

begins to take a toll: disrupted sleep, suppressed appetite, muscle tension, weakened immunity, foggy thinking. What I was carrying on the outside looked like composure. What I was carrying on the inside was slowly dismantling me.

I share this not to invite your pity.

I share it because I know someone reading these words has known that Sunday night feeling. Has known what it is to press snooze on Monday morning not from laziness, but from dread. Has known the heavy weight of putting on a professional face over a breaking spirit.

You were not weak.

You were surviving.

And surviving takes tremendous strength.



The Language of Suffering

One of the most disorienting parts of invisible suffering is not having language for it.

When something visible goes wrong — a broken bone, a fever, a wound — we can point to it. We can describe it. We can show others where it hurts. But anxiety, emotional burnout, and trauma from workplace mistreatment don't show up on an X-ray. They exist in the nervous system, in the gut, in the mind — and without words for what we're experiencing, we often conclude that we must simply be too sensitive.

I spent years concluding exactly that.

*Too sensitive. Too emotional. Too much. Not enough.
All at once.*

But I was not too much. I had simply never been given the vocabulary to name what was happening to me. So let me offer that vocabulary here, not as clinical distance, but as compassion — because naming your suffering is the first act of taking it seriously.

Anxiety

Anxiety is not simply worry. It is the body's alarm system misfiring — or, in the case of genuinely threatening environments, firing appropriately in response to a threat that others refuse to

acknowledge. Anxiety lives in the body as much as in the mind: tight shoulders, racing heart, shallow breath, restless sleep, and a nervous system stuck in fight-or-flight mode.

Micro-Aggressions

These are the paper cuts of the professional world. Small enough to seem dismissible. Repeated enough to become a wound. A tone that implies incompetence. An idea credited to someone else. An expectation shifted without explanation. Alone, each instance seems like nothing. Together, they are a campaign — whether intentional or not — against your dignity.

Emotional Burnout

Burnout is what happens when the well runs dry. It is the depletion that follows prolonged stress — when you have given more than you have, for longer than your body can sustain. Burnout doesn't always look like collapse. Sometimes it looks like going through the motions. Sometimes it looks like competence with a hollow center.

When I finally found these words, something shifted in me.

I was not broken. I was burned out. I was not too sensitive. I was responding accurately to an inaccurate environment. I was not weak. I was human, and humans have limits.

Learning the language of your suffering is how you begin to stop blaming yourself for it.

Performing Stability

I became very good at a particular kind of performance.

Not acting — I was not dishonest. But I mastered the art of what I call professional stillness: the ability to project calm, competence, and composure in public while privately carrying the full weight of an interior storm.

I smiled in meetings where I wanted to disappear. I answered emails with warmth and professionalism on mornings when I had barely slept. I laughed at the right moments. I responded graciously when I was spoken to dismissively. I perfected the mask so thoroughly that I began to forget it was a mask.

The most exhausting thing about performing stability is that no one knows to thank you for it.

There was a version of me that believed this performance was integrity — that showing up, regardless of how I felt, was the mark of a strong woman. And in some ways, it was. Resilience is real. Professionalism matters. Showing up when it is hard is not nothing.

But there is a difference between resilience and self-abandonment.

Resilience carries you through a season. Self-abandonment asks you to betray yourself indefinitely, to silence your own distress so completely that it eventually stops speaking in words and begins

speaking in symptoms.

The symptoms spoke loudly, in my body:

- Knots in my neck that no massage could fully release
- A loss of appetite that stripped the joy from food
- Sleep that came in fragments and never felt restorative
- A creeping irritability I could not always explain
- A quiet grief that did not have a name

I want to say something to you, whoever you are, holding this book:

Your body has been keeping score. Every moment of stress you absorbed, every time you swallowed your discomfort and kept moving — your body recorded it. And it is not betraying you by speaking in symptoms. It is trying to save your life.

The storm in the quiet room cannot stay quiet forever. Eventually, it asks to be acknowledged. Eventually, it asks to be healed.

The question is not whether the storm exists. The question is whether you are willing to finally let yourself feel it.

PART TWO

The Healing

Healing is not the absence of pain. It is the decision, made over and over again, to choose your own life. This section traces the path — imperfect, non-linear, sacred — back to yourself.

Walking Away Without a Plan

There comes a moment when survival is no longer enough.

For me, healing did not begin with a strategy. It began with surrender.

I did something that terrified me. I walked away from my 9–5 job — without a backup plan, without another offer letter, without certainty. Just faith.

From the outside, it may have looked reckless. From the inside, it felt like oxygen.

By the time I made that decision, my body had already been whispering for months. The knots in my neck were no longer subtle. My appetite had disappeared. My sleep was broken. My spirit felt caged. I realized I was no longer just enduring discomfort — I was betraying myself daily.

And then, beneath the noise of fear, I heard something else.

A quieter voice.

Not panic.

Not pride.

Not ego.

But God.

Fear screams. God whispers. And the whisper kept repeating: You are not meant to die in environments that shrink you.

It wasn't loud or dramatic. It was steady. It said: Choose your life.

I had spent so much time listening to anxiety that I almost forgot what divine peace sounded like. So I left.

No detailed blueprint.

No five-year projection.

Just obedience.

The first few weeks were both freeing and frightening. Without the daily structure of work, I came face-to-face with myself. The silence was uncomfortable. The identity I had wrapped around productivity began to unravel.

Who was I without the title?

Without the office?

Without the performance?

That is when the real healing began.

Saving Myself Spiritually

Leaving the job did not automatically remove the trauma.

The anxiety had lived in my nervous system for too long. My body was still bracing for criticism that wasn't coming. I would wake up expecting dread — and then remember I was free. That transition from survival to freedom does not happen overnight. The nervous system does not receive a memo the moment you resign.

I had to learn how to calm my body again.

That's when I found breathwork. Breathing had always been automatic. But intentional breathing became medicine.

When trauma lives in the body, logic cannot always reach it. Words cannot always soothe it. But breath can.

With every deep inhale, I told my nervous system: You are safe. With every slow exhale, I released tension I didn't know I was still carrying.

Breathwork became my daily altar. It grounded me. It regulated my heart rate. It softened the constant fight-or-flight response I had been stuck in. I learned that anxiety is not just in the mind — it is physiological. And healing requires tending to both the spirit and the body.

Through prayer and breath, I began reclaiming parts of myself I had abandoned:

- My peace
- My confidence
- My voice
- My intuition

I stopped asking, "Why did this happen to me?"

And started asking, "What is this preparing me for?"

That shift — from victim to student — was not an erasure of what happened. It was not minimizing the mistreatment or excusing those who caused harm. It was a decision to let my pain teach me rather than define me.

Prayer became my anchor. Not the performance of prayer — but the raw, unfiltered conversation with God that sounds more like crying than speaking. The kind of prayer where you say exactly what you mean because you are too exhausted to pretend otherwise.

And in that rawness, I found something I had not expected:

I was heard.

The Breathwork That Changed Everything

I want to tell you about the moment I first understood what breathwork truly was.

I was sitting on the floor of my living room, somewhere between exhausted and undone, when I came across a guided breathwork meditation. I almost didn't try it. I had heard of breathing exercises before and assumed they were simply a slower version of telling yourself to calm down — which, in my experience, never worked.

But I was desperate enough to try.

I pressed play. I followed the instructions. And within minutes, something shifted in my body that I cannot fully explain in words — only in the aftermath of it.

*Tension I had been holding for months began to soften.
Not because I thought my way out of it. Because I
breathed my way through it.*

Breathwork is the intentional use of breathing patterns to influence the nervous system, release stored emotion, and create space for healing. Unlike talk therapy — which is enormously valuable — breathwork bypasses the analytical mind and goes directly to the body where the trauma is stored.

Why It Works

When we experience stress, our breathing becomes shallow and rapid — a signal to the nervous system that danger is present. This activates the sympathetic nervous system: the fight-or-flight response. Intentional deep breathing does the opposite. It activates the parasympathetic nervous system — the rest-and-digest state — telling the body that it is safe to release, to soften, to heal.

For those of us who have lived in survival mode, this is revolutionary. We have forgotten what safety feels like in the body. Breathwork is a way of reintroducing it — slowly, gently, breath by breath.

What I Found in the Breath

I found grief I hadn't given myself permission to feel. I found anger I hadn't known where to put. I found, beneath all of it, a deep and abiding peace that had been there all along — waiting for me to be still enough to notice it. I also found God more clearly than I had in a long time. In the quiet that follows deep breathing, I heard that steady whisper: *"You are not what happened to you. You are what I am making of you."*

Breathwork became not just a healing tool but a spiritual practice — a way of creating space for divine presence, of saying with my body: I am ready to receive. I am not the same woman I was. Breathwork is a significant reason why.

Sacred Joy

Joy is not the absence of scars. It is what grows through them. This section is a love letter to becoming — to laughter that doesn't scan the room first, to breath that finally reaches the soul.

Breathing Again

I didn't realize how shallow my breathing had become until I finally exhaled without fear.

For so long, my lungs carried tension. Every inhale felt cautious. Every exhale felt incomplete. My body had learned to brace itself — for emails, for meetings, for criticism, for humiliation disguised as leadership.

But one morning, months after walking away, I stepped outside and took a deep breath.

And it reached somewhere new.

Not just my chest — but my soul.

The air felt different. Lighter. I laughed unexpectedly — the kind of laugh that bubbles up without permission. The kind that doesn't scan the room first to see if it's safe.

That's when I knew: I was breathing again.

Laughter returned slowly at first. Then fully. It wasn't forced or professional. It was free. I found joy in small things — sunlight through the window, the rhythm of my footsteps while traveling, conversations that didn't require me to shrink.

Travel became sacred. Every new place reminded me that the world was bigger than the office walls that once contained me. Airports felt like portals. Nature felt like therapy. Sitting quietly by water felt like prayer.

And for the first time in a long time, I connected with my inner being — not through pressure, but naturally. Gently. Without striving.

I learned that peace isn't loud. It doesn't demand attention. It simply settles.

The woman who once dreaded Monday mornings now wakes up with gratitude. Not because life is perfect — but because it is hers again.

I did not just leave a job.

I reclaimed my breath.

I reclaimed my laughter.

I reclaimed my life.

Reclaiming My Life

Walking away without a plan forced me to trust in ways I never had before.

It dismantled my illusion of control. It stretched my faith. It humbled me in the way that only genuine vulnerability can. I had believed, somewhere beneath my professionalism, that security was something I could earn — through performance, through excellence, through endurance. Walking away stripped that belief bare.

I learned that security is not always found in a paycheck. Sometimes it is found in alignment.

The anger I once felt toward myself slowly transformed into compassion. I forgave myself for staying too long. I honored the version of me who endured. And I celebrated the version of me who finally said: enough.

I want to speak directly to the woman reading this who is still in that environment. Who has read these chapters with a recognition that makes her chest tight. Who is wondering whether leaving is possible, whether faith is enough, whether she is allowed to want something different.

You are.

You are allowed.

And leaving, when the time comes, is not failure. It is the most faithful thing you may ever do.

I did not just leave a job.

I left survival mode.

And in doing so, I saved my life spiritually.

Healing is not linear. Some days I still process what happened. But now I have tools. I have breath. I have discernment. I have faith. Most importantly, I have myself.

The storm in the quiet room no longer defines me.

Because I learned something powerful:

When you listen to the voice of God over the noise of fear, you may not always know the plan — but you will always find your way.

A Message from My Healing to Yours

One of the most profound lessons I took from my own journey is that healing is not only something that happens in the mind — it happens in the body and in the spirit. For a long time I carried trauma I could not name, stored deep in my nervous system, showing up as tension, sleeplessness, and a constant sense of dread I could not shake.

It was not until I discovered breathwork meditation that something truly began to shift. Breathwork gave me a way to access what words could not reach. Through intentional, guided breathing I was able to release the stored trauma my body had been holding — and through faith and spiritual surrender, I found the peace and clarity to begin again.

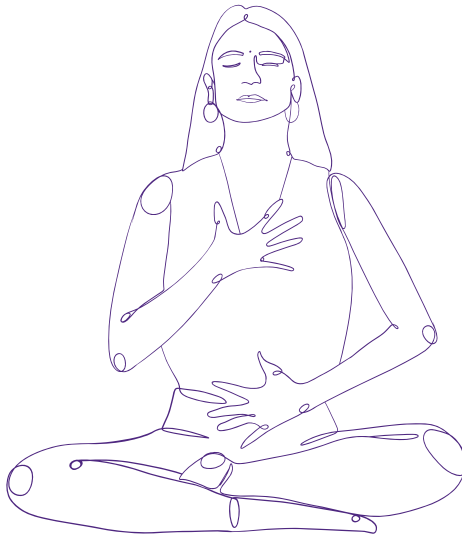
I want you to know that spirituality and breathwork meditation are not separate paths. Together they create a powerful bridge between the body, the mind, and God. Let your breath be your prayer. Let stillness be your sanctuary. Healing is available to you — body, mind, and soul.

With love and breath,

Ellen Standberry



SILENT WOUNDS



ELLEN STANDBERRY

Explores the inner being of body, breath to reduce Anxiety,
Depression, & Stress in a working environment

Purpose

To guide readers through self-reflection, emotional release, and personal empowerment, particularly after experiences like toxic workplaces, micro-management, or high-stress environments.

TABLE OF CONTENTS

Purpose	2
Section 1: Introduction – The Storm in the Quiet Room	4
• Purpose: Connect with readers and validate the invisible struggle.	
Section 2: Understanding the Causes	5
• Purpose: Identify triggers and internal responses to trauma.	
Section 3: Reflection – Naming the Storm	6
• Purpose: Encourage self-awareness and emotional expression.	
Section 4: Transformation – Breathwork and Affirmations	8
• Purpose: Teach practical healing tools to calm the storm.	
Section 5: Building Solutions – Letting Someone In	10
• Purpose: Encourage connection and support.	
Section 6: Reflection, Transformation, and Growth	12
• Purpose: Track progress and celebrate healing milestones.	
Section 7: Affirmation Pages & Visual Meditation	14
• Purpose: Provide ongoing encouragement.	
Extras / Bonus Pages	16
30-Day Daily Mood & Energy Tracker	24

SECTION 1:



Introduction



THE STORM IN THE QUIET ROOM

Purpose:

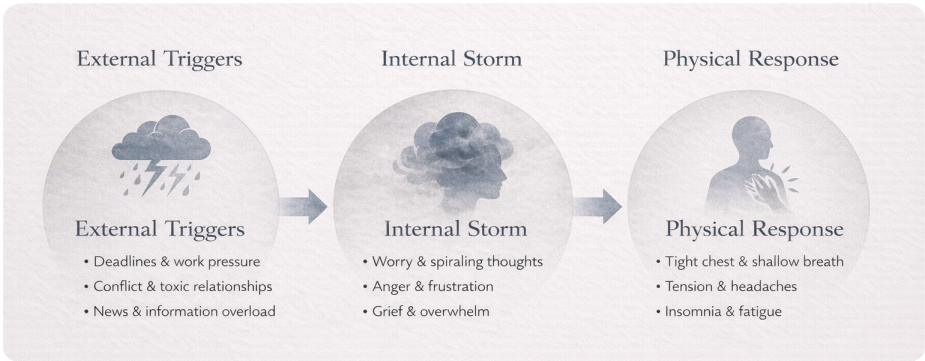
Connect with readers and validate the invisible struggle.

- A personal narrative about your 9–5 experience, toxic leadership, and the anxiety/depression you faced.
- Explain the concept of “quiet rooms” – spaces where mental storms rage silently.
- Define “hidden hearts” – emotions and trauma that do not have a voice.

Reflection

Describe your quiet room. (The silence isn't peaceful, but it is a heavy, stagnant silence. Constant reminder of the overwhelming feeling that accompanies depression, being in a room that becomes a place of self-imposed isolation.)
Where do you feel the storm inside yourself?

SECTION 2:



UNDERSTANDING THE CAUSES

Purpose:

Identify triggers and internal responses to trauma.

- External triggers: micro-managing, high-demand workload, toxic leadership.
- Internal reactions: anxiety, dread, depression, fear.
- Physical symptoms: tossing and turning, shallow breathing, tension.

List your triggers and their impact on your mind, body, and spirit.

Reflection

When do you feel your heart racing or your chest tightening? Describe it.

SECTION 3:



Reflection

NAMING THE STORM

Purpose:

Encourage self-awareness and emotional expression.

- Guide readers to articulate their thoughts and feelings.
- Emphasize self-compassion and non-judgment.

Exercises:

1. Journaling Prompt:

What thoughts or fears do you carry silently? How do they show up in your body?

2. Letter Exercise:

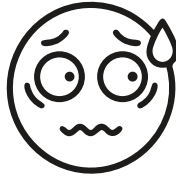
Write a letter to someone or something that caused you pain (you don't have to send it).

3. Mood Tracker:

Daily log of energy levels, anxiety, and emotional intensity



ENERGY LEVEL



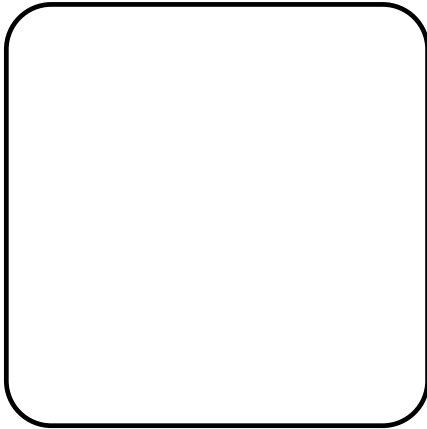
ANXIETY



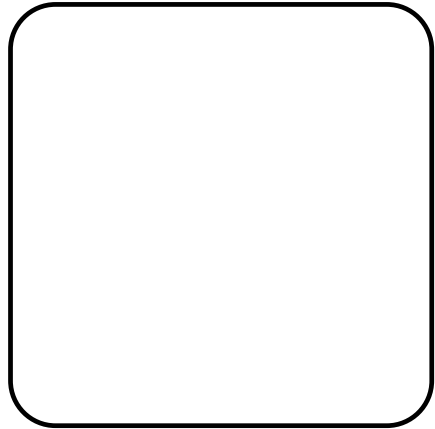
EMOTIONAL
INTENSITY

DOODLE OF YOUR FEELINGS

Take a moment to draw or color how you feel today.



What I'm feeling now



What I'm hoping to feel

SECTION 4:



Transformation



BREATHWORK AND AFFIRMATIONS

Purpose:

Teach practical healing tools to calm the storm.

- Explain how breathwork connects mind and body and reduces stress.
- Introduce affirmations as a method to reframe negative self-talk.

Exercises:

1. Breathwork Exercise:

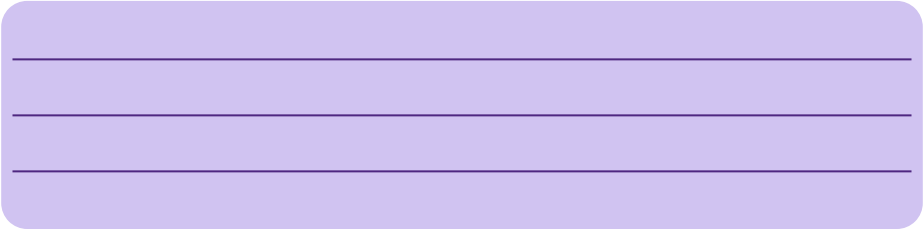
- a. Inhale for 4 counts, hold 4, exhale 6, hold 2.
- b. Repeat for 5 minutes while visualizing tension leaving your body.

2. Breathwork Exercise:

- a. "I am safe in my body and mind."
- b. "The storm does not define me."
- c. "I reclaim my energy, my peace, and my joy."
- d. Encourage repeating affirmations aloud or writing them in the journal.

Interactive Element:

How did your body feel before and after this exercise?



A purple rounded rectangular box with three horizontal lines for writing.

SECTION 5:



Building Solutions



LETTING SOMEONE IN

Purpose:

Encourage connection and support.

- Discuss the importance of sharing your storm with someone you trust.
- Strategies for safely opening up:
 - Choose someone empathetic.
 - Share small pieces of your experience gradually.
 - Use “I feel...” statements to communicate without blame.

Exercises:

Who in your life could you trust with your silent storm?

Plan your first conversation, what to say, how to set boundaries, and what outcome feels safe.



SECTION 6:



Milestones to Remind Yourself



Take a Deep Breath

I breathe in peace, and
I exhale tension.



Feel What Is Present

This moment does not define
my whole story.



Speak to Yourself with Kindness

I deserve compassion, even on hard days.



Remember Your Strength

I am brave and strong.



Move Forward Gently

Healing happens one step at a time.

REFLECTION, TRANSFORMATION, AND GROWTH

Purpose:

Track progress and celebrate healing milestones.

- Encourage reflection on growth since starting the workbook.
- Celebrate small victories, better sleep, calmer mornings, moments of joy.

Exercises:

1. Weekly Reflection Prompt:

a. “What storm did I face this week?”

b. "What tools did I use to calm it?"

c. "What small victory can I celebrate?"

2. Transformation Map:

Visualize the journey from silent suffering → self-awareness → healing → empowerment.



SECTION 7:



AFFIRMATION PAGES & VISUAL MEDITATION

Purpose:

Provide ongoing encouragement.



AFFIRMATIONS



a. "What storm did I face this week?"

b. "What tools did I use to calm it?"

c. "What small victory can I celebrate?"

EXTRAS / BONUS PAGES



DAILY MOOD & ENERGY TRACKER



DAY 1

- List your favorite techniques (breathwork, walks, music, coloring, etc.).

- Books, online support groups, meditation apps, and local therapists

DAILY MOOD & ENERGY TRACKER

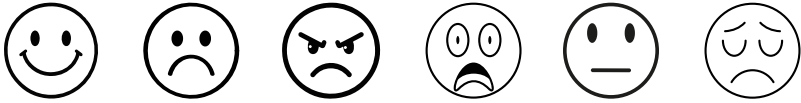


DAY 2

- List your favorite techniques (breathwork, walks, music, coloring, etc.).

- Books, online support groups, meditation apps, and local therapists

DAILY MOOD & ENERGY TRACKER

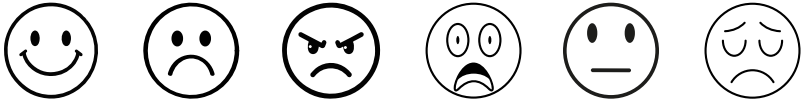


DAY 3

- List your favorite techniques (breathwork, walks, music, coloring, etc.).

- Books, online support groups, meditation apps, and local therapists

DAILY MOOD & ENERGY TRACKER



DAY 4

- List your favorite techniques (breathwork, walks, music, coloring, etc.).

- Books, online support groups, meditation apps, and local therapists

DAILY MOOD & ENERGY TRACKER

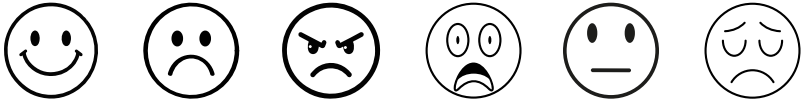


DAY 5

- List your favorite techniques (breathwork, walks, music, coloring, etc.).

- Books, online support groups, meditation apps, and local therapists

DAILY MOOD & ENERGY TRACKER



DAY 6

- List your favorite techniques (breathwork, walks, music, coloring, etc.).

- Books, online support groups, meditation apps, and local therapists

DAILY MOOD & ENERGY TRACKER



DAY 7

- List your favorite techniques (breathwork, walks, music, coloring, etc.).

- Books, online support groups, meditation apps, and local therapists



30-Day Daily Mood & Energy Tracker

INSTRUCTIONS:

Each day, take a few minutes to check in with your mind, body, and emotions. Use the prompts, reflections, and affirmations to process your inner storm and cultivate calm.



DAY 1

CHECK-IN

AFFIRMATION:

"I am safe and my feelings are valid."



Morning

Energy _____ Tension _____

Thoughts for Today: _____

Midday Pause:

What small act of self-care did you do?

Evening Reflection:

Storm faced today?

Healing Tool Used:

Gratitude / Victory:

DAY 2

CHECK-IN

AFFIRMATION:

"I release what I cannot control."



Morning

How does your body feel right now?

Midday Pause:

Take 3 deep breaths and notice tension leaving your body.

Evening Reflection:

What was one moment of peace today?

DAY 3

CHECK-IN

AFFIRMATION:

"I am allowed to take breaks and breathe."



Morning

Mood & Energy check

Midday Pause:

What thoughts or fears surfaced today? Write 1–2 sentences.

Evening Reflection:

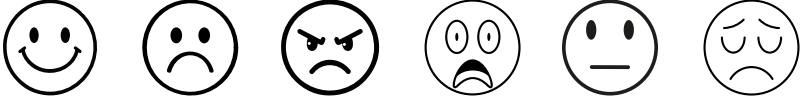
How did you care for yourself today?

DAY 4

CHECK-IN

AFFIRMATION:

"I am stronger than my storms."



Morning

How ready do you feel for the day? _____/10

Midday Pause:

Quick grounding exercise

Name 5 things you see

4 things you feel

3 sounds

Evening Reflection:

One challenge and how you faced it:

DAY 5

CHECK-IN

AFFIRMATION:

“My heart speaks even when no one hears.”



Morning

Body scan: notice tension areas. Write 1–2 sentences.

Midday Pause:

Did you practice breathwork or meditation? How did it feel?

Evening Reflection:

What is one thing you are proud of today?



DAY 6

CHECK-IN

AFFIRMATION:

“I reclaim my energy and my peace.”



Morning

Mood & Energy check

Midday Pause:

List one small joy or comfort you experienced today.

Evening Reflection:

How did your thoughts influence your energy today?

DAY 7

CHECK-IN

AFFIRMATION:

"I release the storm inside me."



Morning

What is one intention for today?

Midday Pause:

Check-in with body: notice tension or ease.

Evening Reflection:

One thing you let go of today:

DAY 8 (WEEKLY VARIATION)

AFFIRMATION:

I deserve calm and clarity.



JOURNAL PROMPTS:



- What triggered anxiety today?

- Which coping tool helped the most?

- Describe one small act of self-kindness.

I am patient with my healing process.

DAY 9 (WEEKLY VARIATION)

AFFIRMATION:

I deserve calm and clarity.



JOURNAL PROMPTS:



- What triggered anxiety today?

- Which coping tool helped the most?

- Describe one small act of self-kindness.

I am patient with my healing process.

DAY 10 (WEEKLY VARIATION)

AFFIRMATION:

I deserve calm and clarity.



JOURNAL PROMPTS:



- What triggered anxiety today?

- Which coping tool helped the most?

- Describe one small act of self-kindness.

I am patient with my healing process.

DAY 11 (WEEKLY VARIATION)

AFFIRMATION:

I deserve calm and clarity.



JOURNAL PROMPTS:



- What triggered anxiety today?

- Which coping tool helped the most?

- Describe one small act of self-kindness.

I am patient with my healing process.

DAY 12 (WEEKLY VARIATION)

AFFIRMATION:

I deserve calm and clarity.



JOURNAL PROMPTS:



- What triggered anxiety today?

- Which coping tool helped the most?

- Describe one small act of self-kindness.

I am patient with my healing process.

DAY 13 (WEEKLY VARIATION)

AFFIRMATION:

I deserve calm and clarity.



JOURNAL PROMPTS:



- What triggered anxiety today?

- Which coping tool helped the most?

- Describe one small act of self-kindness.

I am patient with my healing process.

DAY 14 (WEEKLY VARIATION)

AFFIRMATION:

I deserve calm and clarity.



JOURNAL PROMPTS:



- What triggered anxiety today?

- Which coping tool helped the most?

- Describe one small act of self-kindness.

I am patient with my healing process.

DAY 15 (WEEKLY VARIATION)

AFFIRMATION:

I am learning to trust myself.



JOURNAL PROMPTS:



- Write a letter to your past self—what would you say?

- Notice patterns in your mood and energy.

- Who can you lean on when storms arise?

My emotions are guides, not enemies.

DAY 16 (WEEKLY VARIATION)

AFFIRMATION:

I am learning to trust myself.



JOURNAL PROMPTS:



- Write a letter to your past self—what would you say?

- Notice patterns in your mood and energy.

- Who can you lean on when storms arise?

My emotions are guides, not enemies.

DAY 17 (WEEKLY VARIATION)

AFFIRMATION:

I am learning to trust myself.



JOURNAL PROMPTS:



- Write a letter to your past self—what would you say?

- Notice patterns in your mood and energy.

- Who can you lean on when storms arise?

My emotions are guides, not enemies.

DAY 18 (WEEKLY VARIATION)

AFFIRMATION:

I am learning to trust myself.



JOURNAL PROMPTS:



- Write a letter to your past self—what would you say?

- Notice patterns in your mood and energy.

- Who can you lean on when storms arise?

My emotions are guides, not enemies.

DAY 19 (WEEKLY VARIATION)

AFFIRMATION:

I am learning to trust myself.



JOURNAL PROMPTS:



- Write a letter to your past self—what would you say?

- Notice patterns in your mood and energy.

- Who can you lean on when storms arise?

My emotions are guides, not enemies.

DAY 20 (WEEKLY VARIATION)

AFFIRMATION:

I am learning to trust myself.



JOURNAL PROMPTS:



- Write a letter to your past self—what would you say?

- Notice patterns in your mood and energy.

- Who can you lean on when storms arise?

My emotions are guides, not enemies.

DAY 21 (WEEKLY VARIATION)

AFFIRMATION:

I am learning to trust myself.



JOURNAL PROMPTS:



- Write a letter to your past self—what would you say?

- Notice patterns in your mood and energy.

- Who can you lean on when storms arise?

My emotions are guides, not enemies.

DAY 22 (TRANSFORMATION FOCUS)

AFFIRMATION:

"I am allowed to heal at my own pace."



BREATHWORK AND REFLECTION PROMPTS



- Describe how your body feels after a 5-minute breath exercise.

- Identify one limiting belief you can release today.

- Who can you lean on when storms arise?

"I am resilient and capable."

DAY 23 (TRANSFORMATION FOCUS)

AFFIRMATION:

“I am allowed to heal at my own pace.”



BREATHWORK AND REFLECTION PROMPTS



- Describe how your body feels after a 5-minute breath exercise.

- Identify one limiting belief you can release today.

- Who can you lean on when storms arise?

“I am resilient and capable.”

DAY 24 (TRANSFORMATION FOCUS)

AFFIRMATION:

“I am allowed to heal at my own pace.”



BREATHWORK AND REFLECTION PROMPTS



- Describe how your body feels after a 5-minute breath exercise.

- Identify one limiting belief you can release today.

- Who can you lean on when storms arise?

“I am resilient and capable.”

DAY 25 (TRANSFORMATION FOCUS)

AFFIRMATION:

"I am allowed to heal at my own pace."



BREATHWORK AND REFLECTION PROMPTS



- Describe how your body feels after a 5-minute breath exercise.

- Identify one limiting belief you can release today.

- Who can you lean on when storms arise?

"I am resilient and capable."

DAY 26 (TRANSFORMATION FOCUS)

AFFIRMATION:

“I am allowed to heal at my own pace.”



BREATHWORK AND REFLECTION PROMPTS



- Describe how your body feels after a 5-minute breath exercise.

- Identify one limiting belief you can release today.

- Who can you lean on when storms arise?

“I am resilient and capable.”

DAY 27 (TRANSFORMATION FOCUS)

AFFIRMATION:

"I am allowed to heal at my own pace."



BREATHWORK AND REFLECTION PROMPTS



- Describe how your body feels after a 5-minute breath exercise.

- Identify one limiting belief you can release today.

- Who can you lean on when storms arise?

"I am resilient and capable."

DAY 28 (TRANSFORMATION FOCUS)

AFFIRMATION:

“I am allowed to heal at my own pace.”



BREATHWORK AND REFLECTION PROMPTS



- Describe how your body feels after a 5-minute breath exercise.

- Identify one limiting belief you can release today.

- Who can you lean on when storms arise?

“I am resilient and capable.”

DAY 29 (CELEBRATION & REFLECTION)

AFFIRMATION:

I honor my journey and my courage.

Morning:



How has your mood and energy shifted over the past month?

Midday Pause:



What coping tools worked best?

Evening Reflection:

Celebrate your journey—what victories, big or small, can you honor?

I am stronger, calmer, and more peaceful.

DAY 30 (CELEBRATION & REFLECTION)

AFFIRMATION:

I honor my journey and my courage.

Morning:

How has your mood and energy shifted over the past month?

Midday Pause:

What coping tools worked best?

Evening Reflection:

Celebrate your journey—what victories, big or small, can you honor?



I am stronger, calmer, and more peaceful.

When anxiety tightens your chest
and thoughts refuse to quiet,
your body remembers how to breathe.

In *Silent Wounds*, Ellen Standberry explores the hidden weight of anxiety, depression, and fear — and how somatic breathwork can gently guide you back to calm.

Through reflective insight and grounded techniques inspired by the rhythm of the ocean, this book offers a steady path from overwhelm to regulation, from storm to stillness.

Inside, you will learn how to:

- Understand the body's response to emotional stress
- Use simple breath patterns to calm inner turbulence
- Release stored tension through mindful awareness
- Build resilience through embodied self-regulation
- Reconnect with peace — one breath at a time.

The storm may be silent.
But healing does not have to be.

