

Silent Wounds

Healing the Hidden Heart



ELLEN STANDBERRY

Silent Wounds: Healing the Hidden Heart

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Purpose

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

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SECTION 1:



Introduction



THE STORM IN THE QUIET ROOM

Purpose:

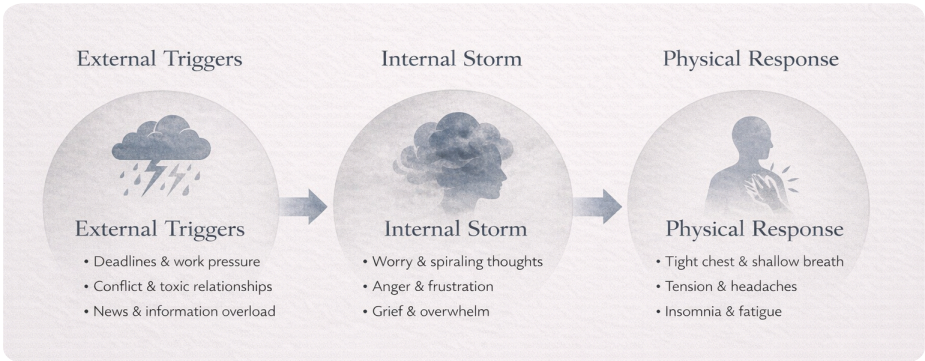
Connect with readers and validate the invisible struggle.

- 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:

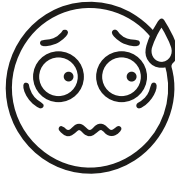
Write a letter to someone or something that caused you pain (you don't have to send it).

3. Mood Tracker:

Daily log of energy levels, anxiety, and emotional intensity



ENERGY LEVEL



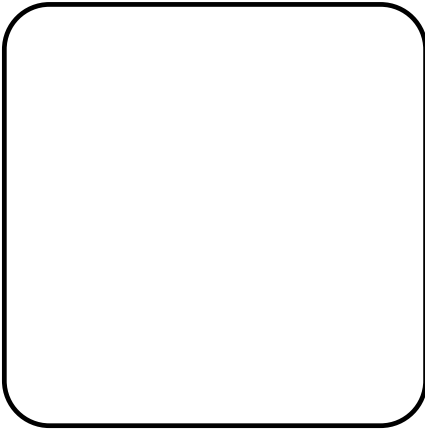
ANXIETY



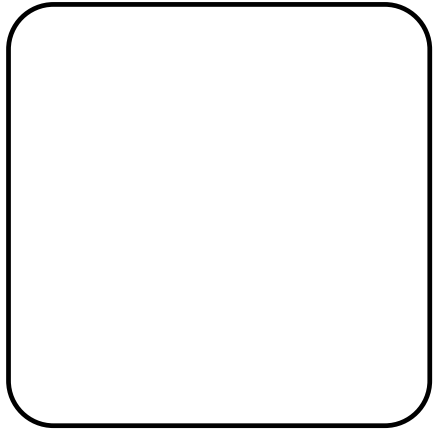
EMOTIONAL
INTENSITY

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:

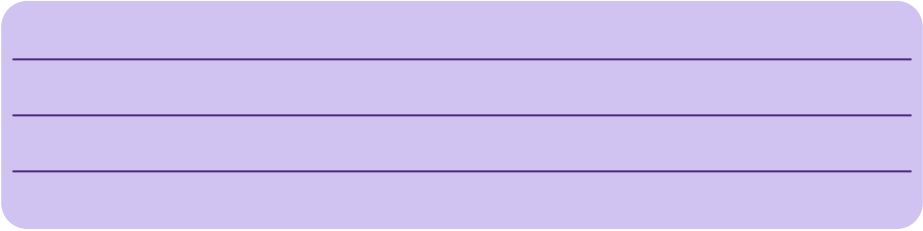
- a. Inhale for 4 counts, hold 4, exhale 6, hold 2.
- b. Repeat for 5 minutes while visualizing tension leaving your body.

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?"

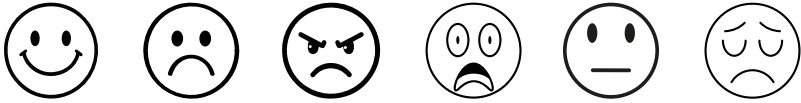
b. "What tools did I use to calm it?"

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

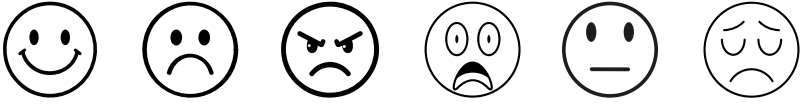


DAY 4

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

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

DAILY MOOD & ENERGY TRACKER

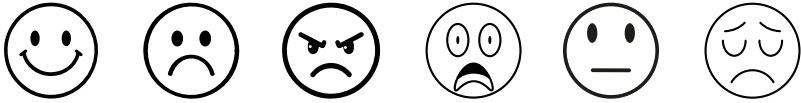


DAY 5

- 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:

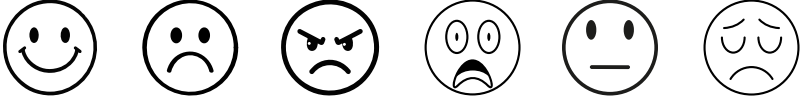
How did your thoughts influence your energy today?

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.

