

The Activated Pattern

High peak, incomplete descent, stays elevated above a default resilient state.

This is what your nervous system tends to do

You're on, and you can't come down. The workday ends and the body is still running. Sleep is long enough on paper, not restorative. Shoulders and jaw get flagged by a dentist, a physio, or a yoga teacher at some point. Racing thoughts at 3am in an exhausted body. Wired but tired is a phrase you've said, or a phrase you've heard and recognised.

Three shifts to try this week

01 Notice the 20 minutes after a meeting

Not during. After. Track your shoulders, your jaw, your breath. Notice whether a moment arrives when your body tells you the meeting is over, or whether the next thing begins before that moment arrives. If it's the second, you've just felt the Activated signature in daily life.

02 Try a slow-exhale at end of day

10 minutes of in-for-four, out-for-six at the close of the workday. Not your personal resonance frequency, but six-second exhales give the brake a small dose of activation. Use the time to focus your awareness on the sensations in your body and your mind, and feel a sense of regulation when the 10 minutes are done.

03 Drop one stimulant input

Pick the easiest one to cut for a week. The afternoon coffee, the late-evening screen, the news scroll before bed. One input out. Watch what your sleep, your jaw, or your 3am wake-ups do across seven days.

What a full assessment would show

In an Activated assessment, physiologically Incomplete Recovery, reactivity is clean and strong. Heart rate climbs quickly. Skin conductance rises. Trapezius engages. And then the recovery period. The body never returns to its starting point. The next stressor arrives on top of the last one's tail.

A full assessment goes beyond naming the pattern. Across five cycles of structured stress and recovery, I map exactly which system is driving your activation and why the brake has not been able to keep up. Cardiovascular, muscular, prefrontal: each tells a different story about how the Activated pattern took hold. From there, your training program targets the lead system first, in the order that gives your nervous system the cleanest path back to recovery.