

BEING VS DOING

A FREE CHECK-IN FOR THE PERSON WHO STAYS
BUSY TO QUIET THEIR MIND



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INSIDE THIS GUIDE

- A Note From My Experience
- A personal note about busyness, coping, and why this guide matters to me.
- When Doing Becomes More Than Doing
- A short look at how staying busy can become more than just productivity
- A Simple Way to Pause
- A quick reset to help you slow down without pressure.
- A Simple Reflection
- A few questions to help you notice what comes up when life gets quieter.
- Continue the Journey - An invitation to explore the full workbook and other supportive resources.

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WELCOME



If you find it hard to slow down, you're not alone.

For a lot of us, staying busy becomes second nature.

There is always something to think about, sort out, fix, or get done. While that can look productive from the outside, sometimes it is also the way we cope.

Sometimes doing helps us avoid the discomfort that comes when life gets quiet.

This short guide is here to help you explore the difference between doing and being, in a way that feels simple, supportive, and real.

**You do not need to have it all figured out.
You only need to begin.**

Mandy

A NOTE FROM MY EXPERIENCE

For a long time, I didn't realise just how much of my life was spent doing.

Keeping busy just felt normal. There was always something to think about, sort out, fix, or get done. And if I'm honest, slowing down didn't usually feel peaceful – it often felt uncomfortable.

Over time, I started to realise that being busy wasn't always just about getting things done. A lot of the time, it was also how I coped.

When my mind felt too full or life felt heavy, doing gave me something else to focus on. It kept me going. It distracted me. It stopped me sitting too long with what I was feeling.

That's a big part of why I wanted to create this guide. Not because I've mastered it, but because I truly get it. I still struggle with this from time to time, and I'm still learning.

If this is something you struggle with, please know you're not failing. You may just be someone who has learned to cope by keeping going.

My hope is that these pages help you slow things down, with more understanding, less pressure, and more kindness toward yourself.

WHEN DOING BECOMES MORE THAN DOING

There is nothing wrong with being productive.

Life requires action.. We all have responsibilities, pressure, and things that need our attention. but sometimes doing becomes more than just getting things done. Sometimes it becomes a way of coping.

When your mind feels full, when emotions feel close to the surface, or when slowing down feels uncomfortable, busyness can become a way of staying one step ahead of yourself.

Doing can look like:

- keeping constantly busy
- filling every quiet moment
- feeling guilty when you rest
- always moving to the next task
- struggling to simply sit still

For some of us, being still does not feel peaceful straight away. It feels restless, uncomfortable, and even a bit unsafe. That does not mean you are doing life wrong. It may simply mean you have learned to cope by keeping going.

The good news is that being does not have to start in big, dramatic ways. It can begin in very small moments of noticing.

One breath.

One pause.

One honest check-in.

That is enough to begin.

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A Simple Way to Pause

You can do it sitting in a chair, on the couch, outside, or anywhere you feel comfortable.

Step 1

- Pause for a moment and let yourself stop.

Step 2

- Place both feet on the floor if you can.

Step 3

- Take one slow breath in. and one slow breath out.

Step 4 - Notice

- one thing you can see
- one thing you can hear
- one thing you can feel in your body
- one thing you can touch

Step 5 - Say quietly to yourself:

- I do not need to fix everything right now.
- I only need to be here.

Step 6

When you are ready, return to your day a little more slowly.

A SIMPLE REFLECTION

Take a moment to reflect.

When I slow down, I usually notice:

Staying busy often helps me avoid:

One small way I could pause this week is:

CONTINUE THE JOURNEY

If this short guide spoke to you, the **Always On** workbook goes deeper into:

- busyness as coping
- guilt around rest
- self-worth and productivity
- reflection prompts and practical tools
- supportive ways to slow down and reconnect with yourself

It's a more complete next step for the person who wants to explore this pattern more deeply.

You can find the workbook and other supportive resources at:

[Explore the workbook](#)

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