I feel overwhelmed, burned out, or afraid to try again. How do I know if I’m ready to try re-origin?

Conditions and Effectiveness · https://www.re-origin.com/support/i-feel-overwhelmed-burned-out-or-afraid-to-try-again-how-do-i-know-if-im-ready-to-try-re-origin

Many people come to re-origin after trying so many things that didn’t work, often feeling exhausted, disheartened, or afraid to hope again. We see you.

The good news is, you don’t need to feel “ready” in the traditional sense to begin. You just need a spark of willingness, even a tiny one! Re-origin is designed to meet you where you are, with short, manageable daily practices (starting with just a few minutes a day) that gently rewire your nervous system over time.

If you feel overwhelmed, know that

- You can start slowly, we encourage it.
- You’ll be supported by a compassionate community that gets it.
- There’s no pressure to “get it perfect” , just consistent baby steps.
- Your brain is always capable of change, even when it feels stuck.

So if you’re asking the question, “Am I ready?”, the answer might be, you’re as ready as you need to be to take that first, small step. And that’s enough.