

Awareness Sheet #3 | Internal Vigilance

10 signs your mind may be stuck in Internal Vigilance

Sometimes exhaustion is not caused by how much we are doing. Sometimes it comes from how much our mind has become accustomed to monitoring.

If any of the following feel familiar, you may be experiencing what I call *Internal Vigilance*.

1. You struggle to fully switch off

Even when there is nothing urgent requiring your attention, your mind remains active.

2. You find yourself anticipating problems

You often think ahead to what might go wrong and how to prevent it.

3. Relaxation feels uncomfortable

Moments of stillness can feel unfamiliar, unproductive, or difficult to sustain.

4. You mentally rehearse conversations

You regularly replay past interactions or prepare for future ones.

5. Your attention keeps scanning

You find yourself checking, monitoring, managing, or looking for what needs attention next.

6. You carry responsibility long after the moment has passed

Even when others have moved on, your mind may continue holding the situation.

7. You feel tired without knowing why

Physical rest doesn't always seem to restore your energy.

8. You rarely feel "finished"

There is often a sense that something else still needs doing, fixing, or preparing for.

9. You are known as the reliable one

Others may depend on you because you are capable, organised, and dependable.

10. You have forgotten what your mind is monitoring

The habit has become so normal that you no longer notice it happening.

A Gentle Reflection

Ask yourself:

*** What do I notice my mind habitually monitoring?**

There is nothing to fix.
Nothing to change.
Simply notice.



Sometimes awareness begins the moment we start observing what has quietly become normal.

A space to pause | A space to listen | A space to return to you.

