

FREE GUIDE

Where's Your Energy Really Going?

A gentle guide to finding — and softly sealing — the quiet leaks
that leave you tired, no matter how much you rest.

BEFORE WE BEGIN

A note from Petra

There was a season when I wasn't really here for my own life.

I was in my head — always in my head. I'd move through whole days barely aware of where I was, what I was doing, what my body was asking for. I was so used to overriding myself — pushing past the tiredness, the hunger, the no — that I stopped even hearing it. I wasn't living in my body. I was living somewhere above it, running on empty and calling it normal.

And I was giving myself away the whole time. Listening, holding, helping — because I was good at it, and it gave me some value. But at the end of each day there was nothing left for me, and somewhere along the way a part of me quietly stopped trying to refill. Because I'd passed the threshold of exhaustion.

It took me a long time to understand what was actually happening. I wasn't exhausted because I was doing too much. I was exhausted because of where my energy was quietly leaking out — and no amount of rest can fill a cup that's still leaking.

This little guide is the map I wish I'd had back then.

— *Petra*

THE QUIET TRUTH

Rest isn't the same as sealing a leak

You can rest all weekend and still wake up tired. Not because you're doing something wrong. Because rest refills a cup — it doesn't seal a leak.

Most of what drains you was never on your to-do list. It's the invisible effort of holding yourself together: staying braced, over-giving, managing everyone's feelings, never fully letting down. Your body spends energy on safety — scanning, bracing, anticipating — even while you sit perfectly still.

So the real question isn't "how do I get more energy?" It's "where is mine quietly going?"

THE SIX QUIET PATTERNS

Notice, don't fix — yet

Read slowly. You're not looking to fix anything yet — just to notice. Most people feel a small jolt of recognition at one or two of these. That one is yours to listen to.

1

THE BODY

The On-Guard Pattern

You can't fully relax, even when everything's fine. Shoulders up, jaw tight, breath shallow — your body stays on guard, and just feeling okay quietly costs you.

2

THE ROOTS

The Over-Giving Pattern

You pour into everyone — listening, holding, helping — and forget to pour back into yourself. Often you learned early that being needed was how you earned your place.

3

THE BODY

The Holding-It-Together Pattern

From the outside it looks like nothing — but holding your feelings down takes constant effort, quietly draining you all day.

4

THE ROOTS

The Approval Pattern

Part of you is always checking: how am I coming across? Are they okay with me? It runs quietly under everything and never fully switches off.

5

NOURISHMENT

The False-Rest Pattern

You stop — but you scroll, or numb, or half-work — instead of truly resting. Your body never gets the signal that it's safe to let go, so you never really refill.

6

THE MIND

The Anticipation Pattern

You live tomorrow's worry today — rehearsing the conversation, bracing for the worst before it's even happened. It's energy spent in a future that may never come.

Notice which one you felt in your body as you read. That flicker of "oh... that one" is not a flaw to fix. It's a doorway — the place where coming home to yourself begins.

Coming back to yourself

You don't seal a leak by trying harder. You seal it by coming home to your body — and the fastest way home is through your breath and the ground beneath you. This takes a minute. You can do it anywhere, and no one will know you're doing it.

1

Breathe to soften

Breathe in through your nose — then take a second, slightly deeper sip of air on top. Hold it gently for a moment. Then let it go in one long, slow exhale, emptying all the way out. Let the out-breath be longer than the in. Do this two or three times, and feel your body begin to loosen its grip.

2

Land in your body

Feel your feet on the floor. Feel the chair holding you, the texture of it beneath you. Let yourself be held by what's already there — you don't have to hold yourself up right now. The ground has you.

3

Let your weight drop down

With each exhale, let your breath and your weight sink downward — down through your feet, into the earth beneath you. Let something steady and solid carry you for a moment. This is where you remember: you are held, you are rooted, you belong here.

Notice what shifted — even one percent. That softening is you, coming back to yourself.

WHERE TO GO FROM HERE

You're already on your way home

This guide showed you where your energy goes. The deeper work is finding your pattern — the one that runs quietest and costs the most — and gently learning to soften it. That's where the real change begins.

If any of this resonated with you, follow me on Substack

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Be gentle with yourself. You're already on your way home.

— *Petra*