

OVERSTIMULATED OR INTUITIVE?

Understanding What Your Mind & Body Are Trying to Tell You

Not every uncomfortable feeling is a message. Sometimes your mind and body simply need a reset.

Healing Hearts Medium

When you are beginning to explore intuition, it can be tempting to analyze every sensation, mood change, or uneasy feeling. This guide will help you slow down, check what your body needs, and learn your own patterns before deciding what a feeling means.

1. Why It Can Be Hard to Tell the Difference

Highly sensitive people often notice a lot at once: noise, movement, facial expressions, tension, smells, lighting, other people's moods, and their own thoughts. When all of that information arrives together, it can be difficult to know what deserves attention.

Intuition may be part of what you notice, but being overwhelmed can make everything feel louder. Learning to settle yourself first can be very helpful.

- You suddenly feel irritated in a crowded store.
- You leave a family gathering exhausted.
- You feel uneasy after scrolling social media for a long time.
- You cannot tell whether you have a 'bad feeling' or are simply tired and stressed.

2. What Overstimulation Can Feel Like

Overstimulation happens when your mind or body is processing more input than feels manageable. It can happen to anyone, and sensitive people may notice it sooner.

- Feeling irritable or wanting everyone to stop talking.
- Difficulty concentrating or making simple decisions.
- Feeling physically tense, restless, or exhausted.
- Wanting to escape noise, lights, crowds, or conversation.
- Feeling emotional without knowing exactly why.
- Everything suddenly seeming more intense than it did earlier.

Overstimulation is information too. It may simply be telling you that you need less input.

3. What Intuition May Feel Like

People describe intuition in many different ways. For some, it is a quiet knowing. For others, it may be a brief thought, physical sensation, image, or feeling that seems to arrive without a long chain of reasoning.

Instead of trying to copy someone else's experience, begin noticing what intuition feels like for you when you are calm.

- It may feel simple rather than complicated.
- It may arrive quickly without a long fearful story attached.
- It may feel neutral even when the information gets your attention.
- It may repeat gently rather than becoming increasingly frantic.
- It often becomes easier to recognize when you are rested and grounded.

From My Experience: One of My Earliest Intuitive Moments

One of my earliest experiences with intuition happened when I was about **12 years old**.

My mom was getting ready to go out, and for some reason I desperately did not want her to leave. I became very upset and started crying, but I couldn't explain why. My sisters teased me and called me a baby.

I remember telling them, **"Mom is going to get hurt."**

I didn't know how. I didn't have a logical reason to think something bad was going to happen. I just knew something didn't feel right.

About ten minutes after my mom left, **she was mugged and violently pushed to the ground by a large man**. Thankfully, she survived, but that experience stayed with me.

At 12, I didn't have the language to call what I was feeling intuition. Looking back, what stands out to me is that **the feeling came before the event**. I wasn't reacting to something that had already happened - I was responding to something I couldn't yet explain.

One intuitive experience does not mean every fearful thought is a warning. Over time, I have learned to notice patterns rather than assuming every worry is intuition.

4. Check the Basics First

Before interpreting a strong feeling, check your physical and emotional state. Basic needs can dramatically change how the world feels.

- Have I eaten recently?
- Am I thirsty?
- Did I sleep well?
- Have I been around noise or people for hours?
- Am I already worried about something?
- Have I had enough quiet time today?
- Am I rushing or under pressure?

If something feels urgent, check your body before you check for a deeper meaning.

5. Reset First, Interpret Second

This is one of the most useful habits for developing discernment. When you are unsure what you are feeling, do not force an interpretation. Reset first.

- Step away from the situation if you can.
- Take several slow breaths.
- Drink some water.
- Eat if you are hungry.
- Put your phone down for a few minutes.
- Go somewhere quieter.
- Feel your feet on the floor and relax your shoulders.
- Wait until you feel more settled, then notice whether the original feeling is still there.

RESET FIRST. INTERPRET SECOND.

6. Intuition vs. Racing Thoughts

A worried mind often tries to solve uncertainty by producing more thoughts: What if this happens? What if I missed a sign? What if something is wrong? The more you analyze, the louder the story can become.

A useful practice is to notice whether you received one simple impression or whether your mind has built a long chain of possibilities around it.

- Simple impression: "I don't feel comfortable with this."
- Racing thoughts: "Something must be wrong, and maybe this means that, and what if..."
- Simple impression: "Wait before deciding."
- Racing thoughts: repeatedly checking for reassurance or trying to make the feeling go away.

You do not have to solve uncertainty immediately.

7. Crowds, Shopping & Social Situations

Busy environments can make intuition harder to recognize because there is so much competing input. If you feel completely different after entering a crowded place, treat overwhelm as one possibility before assuming the feeling has a deeper meaning.

- Take a short break outside.
- Move to a quieter part of the room or store.
- Focus on one thing at a time.
- Give yourself permission to leave when you have had enough.
- Notice whether the feeling eases once you are somewhere calm.

What I Do in Large, Busy Stores

Before I walk into a large store like Walmart, I take a moment to imagine a **protective bubble around my body**. For me, this is a simple way of setting an intention to stay centered in my own energy before I enter a busy environment.

If I notice myself starting to feel like I am **bubbling up with too much energy**, I find a quiet corner and stand facing it for a moment. I take **three deep breaths** and intentionally bring my attention and energy back to myself.

This works very well for me. The important part is not the corner itself - it is the **pause, the awareness, the breathing, and the intention to recenter**.

Sometimes simply noticing, "I'm getting overwhelmed," and choosing to reset is enough to change how the rest of the experience feels.

Awareness + Intention + Three Deep Breaths = Recenter

8. When to Stop Trying to Figure It Out

Sometimes the healthiest response is: “I don't know what this means yet.” You do not have to decode every coincidence, sensation, dream, mood, or thought.

Taking a break from interpretation does not make you less intuitive. Creating space can make genuine patterns easier to recognize over time.

- Let the question sit overnight.
- Write the feeling down without deciding what it means.
- Do something ordinary and grounding.
- Return to it later only if it still feels important.
- Allow some experiences to simply be experiences.

Not everything needs an immediate meaning.

9. Build Your Personal Intuition Baseline

The best time to learn what your intuition feels like is when you are calm, not when you are overwhelmed. Begin collecting small observations rather than demanding certainty.

- Notice how your body feels on an ordinary peaceful day.
- Write down brief intuitive nudges without changing your plans around them.
- Later, note what happened without judging yourself as right or wrong.
- Look for repeated patterns over weeks rather than one dramatic moment.
- Pay attention to which sensations appear during stress and which appear when you are calm.

Discernment grows through observation, not pressure.

10. What Does My Intuition Feel Like?

Use this page over time. You are looking for your own patterns, not trying to get the 'right' answers.

When I am calm, what does my body feel like?

When I am overstimulated, what changes first?

How do my racing or worried thoughts usually sound?

Have I noticed a recurring way that quiet intuition gets my attention?

What environments make it hardest for me to hear myself clearly?

What helps me return to a calm baseline?

A Final Reminder

Learning to understand yourself takes time. You do not need to label every sensation as intuition, and you do not need to dismiss your intuitive experiences either. Curiosity, grounding, and patience can help you become more confident in recognizing your own patterns.

When you are overwhelmed, meet your basic needs first. Once you feel calmer, you can decide whether there is anything else worth paying attention to.

Not every uncomfortable feeling is a message. Reset first, then listen.

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Educational and spiritual-development material. This guide is not a medical or mental-health assessment or diagnosis.