

MARCH NEWSLETTER

Things That Feel Like Laziness But Are Actually Regulation

Our world and culture celebrate productivity, getting things done everyday and working towards being a little bit better everyday. When we don't do these things it can leave us feeling unsatisfied or even like we did something wrong or wasted our time.



What we perceive as laziness can in fact actually be a reset for our nervous system helping us regulate. In a culture that rewards constant output, rest and slowness can feel uncomfortable or undeserved. But many of the behaviours we judge ourselves for are not character flaws — they're signals.

Below are three common habits that are frequently mislabeled as “laziness,” when in reality, they're your nervous system doing its best to cope.

In This Issue:

**Things That Feel
Like Laziness But
Are Actually
Regulation**

PAGE 01

**You Don't Need a
Crisis to Come to
Therapy**

PAGE 04

**Announcements,
Updates,
This & That**

PAGE 09

1. Napping or Wanting More Sleep

If you find yourself craving naps, sleeping longer than usual, or feeling exhausted despite “not doing that much,” it’s easy to jump to self-criticism. But the nervous system uses sleep as one of its most powerful tools for regulation and repair.

When we’re under prolonged stress — emotional, mental, or physical — the body prioritizes rest to restore balance. Sleep helps to regulate mood, consolidate memory, and reduce cortisol levels. Needing extra rest doesn’t mean you’re unmotivated; it often means that your system is overloaded.

Instead of asking, “Why am I so tired?” it can be more supportive to ask, “What has my body been carrying lately?”

2. “Doing Nothing” Time

Scrolling on your phone, lying on the couch, staring into space, zoning out — these moments often come with a heavy dose of guilt. We tell ourselves we should be cleaning, exercising, responding to emails, or being productive in some measurable way.

But this kind of low-stimulus time can actually help the nervous system downshift. When life feels demanding or overwhelming, the body looks for moments of safety and stillness. Doing nothing is sometimes the only way your system knows how to pause.

That said, there’s a difference between intentional rest and dissociative avoidance — and many people oscillate between the two.

The key isn’t eliminating these moments, but becoming curious about them. Are they helping you feel a bit more grounded, or are they leaving you more depleted?

Looking for Our Next Star: *Pet of the Month*

Every month we choose a pet to be featured in the newsletter!

If you think your pet should be chosen for the next newsletter send a picture and a short pet bio to osmiththerapy@gmail.com

3. Procrastination

Procrastination is often framed as poor time management or lack of discipline. In reality, it's very often a stress response.

When a task feels overwhelming, emotionally loaded, or tied to fear of failure, the nervous system may interpret it as a threat. Avoidance then becomes a protective strategy. Your system isn't being lazy — it's trying to keep you safe.

Procrastination can be a sign that something feels too big, too fast, or too unsupported. Breaking tasks into smaller steps, reducing pressure, or addressing the emotional weight behind the task can often be more effective than pushing harder.

So... Should We Try to Eliminate These Habits?

Not exactly.

Rather than trying to “get rid” of these behaviors, it can be far more helpful to understand what they're communicating. Regulation isn't about forcing

yourself into productivity — it's about creating enough safety, care, and support that these habits no longer need to work so hard.



Here are a few ways to gently support your nervous system while practicing self-care and self-compassion:

- **Normalize rest:** Rest is not a reward for productivity — it's a biological need. Scheduling rest intentionally can reduce guilt and prevent burnout.
- **Offer curiosity instead of criticism:** When you notice procrastination or zoning out, try asking, “What feels hard right now?” rather than “What's wrong with me?”

- Create softer structure: Rigid expectations can increase stress. Flexible routines, realistic goals, and compassionate deadlines support regulation far more effectively.
- Practice self-talk that soothes: The way you speak to yourself matters. A calm, understanding inner voice can help the nervous system feel safer and more capable.
- Address stress at the source: If these habits are frequent or intense, it may be a sign that something in your life needs adjustment — not more discipline.

Laziness is often a mislabel for exhaustion, overwhelm, or nervous system overload. When we shift from judgment to understanding, we give ourselves permission to meet our needs instead of fighting them.

Regulation doesn't always look productive — but it's essential. And when we learn to listen to our nervous system with compassion, we often find that motivation, energy, and focus return naturally, without force.

You Don't Need a Crisis to Come to Therapy

Many people believe therapy is something you turn to only when things are falling apart — when you're in crisis, overwhelmed, or at a breaking point. While therapy can be incredibly supportive during difficult seasons, it's not reserved for emergencies alone.

In reality, therapy is for everyone. You don't need a diagnosis, a major life event, or a specific “problem” to justify seeking support. Therapy can simply be a space to pause, reflect, and take care of your mental and emotional well-being — much like other forms of self-care we already prioritize.

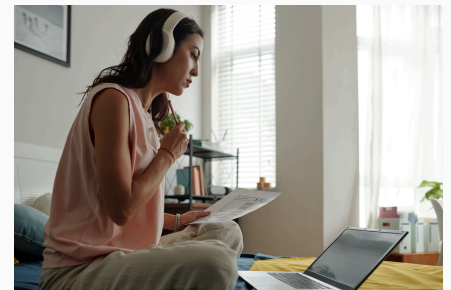
Therapy as Self-Care, Not a Last Resort

We often think of self-care as bubble baths, exercise, or taking time off — and those things absolutely matter. But therapy is a deeper form of self-care. It's an intentional investment in understanding yourself, your patterns, your needs, and your nervous system.

Therapy offers a consistent, supportive space where you can:

- Talk things through without judgment
- Build emotional awareness and resilience
- Learn tools to manage stress, boundaries, and relationships
- Strengthen your connection to yourself

Rather than reacting to distress once it becomes overwhelming, therapy allows you to care for your mental health in an ongoing, preventative way.



The Power of Being Proactive

One of the most effective times to start therapy is when things feel relatively “okay.” When you’re not in survival mode, you have more capacity to reflect, learn, and integrate new tools. You’re able to build skills and insight without the pressure of an immediate crisis.

Being proactive in therapy means that when life inevitably throws something challenging your way — a loss, a transition, increased stress, or an unexpected change — you already have support in place. You have someone who knows you, understands your history, and can help you navigate what comes next.

Being in therapy is much like building strength before an injury, rather than waiting until you’re already in pain.

Having a Place to Land When Life Happens

Life doesn’t need to be “bad enough” to deserve support. Many people come to therapy because they want to:

- Understand themselves better
- Feel more grounded or balanced

- Improve communication or relationships
- Navigate change with more confidence
- Maintain their mental health, not just repair it

When challenges arise, therapy becomes a place to land — not something you scramble to access in the midst of overwhelm. The relationship, trust, and tools are already there.

You don't need a crisis to justify therapy. Wanting support, growth, clarity, or space to be heard is reason enough.

Therapy isn't about fixing what's broken — it's about supporting what's already there. When approached as self-care, therapy becomes a proactive, empowering choice that helps you move through life with more ease, resilience, and self-understanding.

Because taking care of your mental health doesn't require a breaking point — just a willingness to show up for yourself.

Updates, This & That

Birthdays

Please wish Massage Therapist Madison a Happy Birthday on March 23rd!

Pet of the Month

Rascal is our pet of the month! He is a very sweet boy who has had a racetrack snowblown in his backyard. Rascal now has a space to get out his zoomies!



Did You Know....

March is often considered to be a marker for the end of winter-pattern Seasonal Affective Disorder (SAD). Due to increased sunlight it has been reported that about 61% of people report feeling better in the Spring.