

The background features a mix of hand-drawn elements: a large pink brushstroke at the top left, a teal striped leaf at the top right, and various light blue and teal foliage shapes at the bottom. The text is centered in the upper half.

# SNEAKY STRESS *Decoder*

*Sweet Freedom Living*  
MAKE YOUR NEXT LIFE YOUR BEST LIFE

# Meet the Author

## HI, I'M JONNI DEE!

I help women catch their second wind, the season where life slows down just enough for clarity, purpose, and possibility to rise again.

I'm a writer, certified Christian master life coach, and the founder of Sweet Freedom Living. I support women who are ready to stop living on autopilot and start making intentional choices about who they are becoming next.

Through guided coursework and one on one coaching, I help women release old stories, quiet internal pressure, and reconnect with what truly matters to them.

I work with women who look capable on the outside, but feel tired, scattered, or disconnected on the inside. Women who have spent years showing up for everyone else and are now asking, What about me?

I'm a generation ageless woman myself. After decades of burning the candle at both ends in the corporate world, I chose a different way of living, one rooted in clarity, alignment, and peace. I've gone from feeling stuck and depleted to living with intention and ease, and I believe deeply that you can too.

Sweet Freedom Living is about creating a life that feels like it actually belongs to you.



# Hello Friend

If you're feeling tired, scattered, emotionally flat, or oddly disconnected from your own life, let me say this right away:

Nothing is wrong with you.

You are not lazy.

You are not unmotivated.

You are not "just getting old."

What's far more likely is that you've been carrying sneaky stress, the kind that doesn't announce itself loudly, but quietly drains your energy over time.

Sneaky stress doesn't come from one big crisis.

It comes from years of responsibility, self-management, emotional labor, and internal pressure.

This guide will help you name it, understand it, and begin releasing it gently.

No fixing required.

No pushing required.

Just awareness and compassion.



# What is Sneaky Stress?

Sneaky stress is stress that lives inside your thoughts, habits, and expectations, not just your schedule.

## It often looks like:

- Being “fine” on the outside while feeling depleted on the inside
- Constant mental noise, even during rest
- Feeling responsible for everyone’s comfort, emotions, or outcomes
- Struggling to articulate what you want, even though you know something is missing

## Sneaky stress whispers things like:

- “Just handle it.”
- “Don’t make a fuss.”
- “You can rest later.”
- “You should be grateful.”

Over time, those whispers become exhausting. Sneaky stress doesn’t mean your life is bad.

It means your inner world has been running without relief.



*Sneaky stress doesn't mean  
your life is bad.  
It means your inner world  
has been running  
without relief.*

# Sneaky Stress

## PATTERN #1

### PEOPLE PLEASING

You might notice this if:

- You say yes when you mean no
- You manage other people's feelings
- You avoid disappointing anyone, even at your own expense
- You feel guilty when you rest or set boundaries

### THE HIDDEN COST:

People-pleasing teaches your nervous system that safety comes from approval. Over time, this disconnects you from your own needs and preferences.

*Belief to Practice*

*I am allowed to consider my own needs without guilt.*

*Reflection*

*Where am I saying yes out of habit rather than choice?*

# Sneaky Stress

## PATTERN #2

### **OVERTHINKING AND MENTAL SPIRALS**

You might notice this if:

- Your mind replays conversations
- You second-guess decisions
- You struggle to “turn your brain off”
- You feel tired even when nothing physical is happening

### **THE HIDDEN COST:**

Overthinking keeps your nervous system in a constant state of alert, as if something still needs to be solved.

*Belief to Practice*

*I can pause without everything falling apart.*

*Reflection*

*What would I allow myself to stop thinking about today?*

# Sneaky Stress

## PATTERN #3

### EMOTIONAL LABOR

You might notice this if:

- You track everyone's moods
- You anticipate needs before they're spoken
- You feel responsible for harmony
- You're the "strong one"

### THE HIDDEN COST:

When you carry emotional responsibility for others, you leave little space for yourself.

*Belief to Practice*

*I am not responsible for managing other people's emotions.*

*Reflection*

*What emotional weight am I carrying that isn't actually mine?*

# Sneaky Stress

## PATTERN #4

### SELF-ABANDONMENT

You might notice this if:

- You put yourself last by default
- You don't know what you want anymore
- You override your own preferences
- You minimize your desires

### THE HIDDEN COST:

Self-abandonment teaches your body that your needs are optional, which erodes vitality and joy.

*Belief to Practice*

*I am allowed to show  
up for myself.*

*Reflection*

*Where have I been  
quietly disappearing  
from my own life?*

# Sneaky Stress

## PATTERN #5

### PRODUCTIVITY AS WORTH

You might notice this if:

- Rest feels unproductive or uncomfortable
- You measure your value by output
- You feel uneasy when you're not "doing"
- You push through fatigue as a badge of honor

### THE HIDDEN COST:

When productivity equals worth, rest feels unsafe, and burnout becomes inevitable.

*Belief to Practice*

*My value is not  
measured by how much  
I accomplish.*

*Reflection*

*What would change if  
rest were allowed  
today?*

# Why Clarity and Vision Feel Hard Right Now

Many women believe they're stuck because they don't know what they want.

## **MORE OFTEN, THE TRUTH IS THIS:**

It's hard to access clarity when your energy is leaking.

Stress narrows perspective.

Overwhelm blocks creativity.

Constant responsibility leaves no room for imagination.

Before you can clearly define what you want, you need space to hear yourself think again.

This is not a failure.

It's biology and lived experience.



# A Gentle Reset

5 MINUTES

## TRY THIS NOW, OR COME BACK TO IT LATER.

1. Sit comfortably and place one hand on your chest.
2. Take three slow breaths.
3. Silently say:

**“Nothing needs to be solved right now.”**

4. Ask yourself:

**“What feels heavy that I could set down, just for today?”**

5. Choose one small release. That’s enough.



*Relief doesn't come from  
fixing everything.  
It comes from  
interrupting the pattern.*

# What Comes Next?

If something shifted for you while reading this, even slightly, pay attention.

That's what happens when stress loosens its grip.

Once your energy stops leaking, clarity becomes possible.

That's where vision begins.

If you're ready to gently explore what you want next, without pressure or hustle, the Vision Guide was created for this exact moment.

Not when everything is figured out, but when you finally have enough space to ask better questions.

You don't need a perfect plan.

You need a direction that fits who you are now.

I'm here to help.



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