

Anxiety, Nervous System, Productivity, Time Management

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Synopsis

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On paper? You're crushing it.

But your body's telling a different story: fatigue, anxiety, brain fog, and a burnout you just can't seem to shake.

Welcome to *Alive & Well*—the podcast for high-achieving women ready to burnout-proof their lives by rewiring their nervous system for clarity, energy, productivity, and ease.

I'm your host, Michelle Grosser, Esq.—trial attorney turned nervous system strategist, wife, mom, and entrepreneur (x3).

After burning out hard trying to do it all, I discovered the missing piece: nervous system regulation.

Now I help ambitious, high-capacity women like you build a life that's sustainable *and* successful—where your nervous system becomes your superpower, not your saboteur.

Around here, you'll learn:

- Burnout-proof systems for time management and productivity
- Science-backed tools for nervous system and emotional regulation
- Somatic practices that help you stay grounded & calm under pressure
- Faith-rooted wisdom for leading from overflow—not overdrive
- Boundaries that protect your purpose—not just your calendar
- Sustainable strategies for stress management, presence, and work-life balance

It's time to break the burnout cycle, reclaim your well-being, and lead with the kind of peace that doesn't cost your ambition.

Hit follow and start your path to living *Alive & Well*. New episodes every Tuesday and Friday.

Reader's comments

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