



Mind-Body Coach · Author · Podcast Host

About Me

Petra Brunnbauer is an award-winning Mind-Body Coach, founder of The Jōrni® wellbeing platform, and host of the globally-ranked Jōrni Podcast. With a Master's in Psychology and as a doctoral student in Mind-Body Medicine, Petra is committed to advancing holistic approaches to health and healing.

The Jōrni offers holistic healing programs that support individuals in reclaiming their mental, emotional, and physical wellbeing. Inspired by her personal journey through chronic stress and burnout, Petra created The Functional Freeze Formula™, a groundbreaking book and methodology that provides an innovative approach to managing Functional Freeze and chronic stress.

Speaking Topics

The Functional Freeze Formula

- A Guide to Understanding and Managing Chronic Stress Overload
- A holistic approach to managing Functional Freeze and regulating your nervous system

Women and Functional Freeze

- Unique nervous system challenges faced by professional women and entrepreneurs in high-stress environments.

What is Functional Freeze?

- Understanding this often-overlooked nervous system response to chronic stress and its impact on daily life.

Chronic Stress and Chronic Pain

- How unresolved stress contributes to physical pain and how to address it holistically.

Sample Questions

What is Functional Freeze, and how is it different from feeling stressed, burned out, or overwhelmed?

Many people are outwardly functioning and are working, parenting and managing households while feeling disconnected and exhausted inside. How does your work explain that internal contradiction?

Why do typical stress management strategies often not work for people stuck in Functional Freeze?

What are some common signs that someone might be in Functional Freeze, even if their life looks fine from the outside?

You have been on a Functional Freeze journey yourself. What helped you understand what was really happening, and how did that lead to the work you do now?

You often say chronic stress is not always caused by “big T trauma”. What are some everyday situations or roles that can still lead to long-term nervous system dysregulation?

What happens when chronic stress builds up over time without recovery? How can small, repeated experiences add up and affect how we feel, think, and function?

Why do so many people ignore or minimize their stress patterns until they reach a breaking point?

You have written a book about Functional Freeze that introduces a holistic framework to help people shift out of Functional Freeze. What does that involve, and what kinds of tools or practices support that process?

If someone recognizes themselves in this conversation, maybe feeling numb, exhausted, and disconnected but functioning on the surface, where is the best place to start?

Get in Touch

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