

# What It Feels Like to Have a Slow COMT Variant

## Understanding Your Racing Mind & Sensitive Nervous System

### Do You Relate to This?

People with a **slow COMT gene variant** (Met/Met) often describe themselves like this:

- “I can’t shut my brain off.”
- “I overanalyze everything.”
- “My mind is constantly racing.”
- “I get overwhelmed so easily.”
- “I lie in bed thinking about everything I need to do.”
- “I take things personally, even when I try not to.”
- “I can’t let things go.”
- “I’m super sensitive to other people’s energy.”

If this sounds familiar, you might be dealing with a **slow COMT**.

### What Is the COMT Gene?

COMT (Catechol-O-Methyltransferase) is the gene responsible for **breaking down stress hormones** and **neurotransmitters** like:

- **Dopamine**
- **Epinephrine**
- **Norepinephrine**
- **Estrogen**

A **slow COMT variant** means your body **clears these chemicals more slowly**, which can lead to feeling **mentally overstimulated, emotionally intense, and physically tense** — even when you're tired.

### Common Signs of Slow COMT (Met/Met)

- Caffeine makes you anxious or jittery
- Coffee or even green tea makes your heart race
- You hold tension in your jaw, neck, or shoulders

- You feel “wired but tired” — awake at night, tired all day
- You’re sensitive to methylated B vitamins or certain supplements
- Small doses of meds or vitamins feel too strong
- Light, restless sleep — easily awakened by small noises

## Strengths of Slow COMT Types

- ✓ Creative
- ✓ Intuitive
- ✓ Deep thinkers
- ✓ Emotionally sensitive (in a good way!)

But under chronic stress or stimulation, your **nervous system can get overwhelmed** unless supported.

## What You Can Do Right Now

1. **Start your day with calm**  
→ Try journaling, meditation, or breathwork before jumping into tasks.
2. **Adjust your diet**  
→ Swap high-tyrosine foods (red meat, aged cheese) for calming proteins like **turkey, eggs, and fish**.
3. **Support your nervous system**  
→ Use calming minerals like **magnesium glycinate or threonate** regularly.
4. **Move gently but consistently**  
→ Walking and low-volume strength training are great for releasing tension.
5. **Cut back on caffeine**  
→ Aim for less than **100mg/day** (that’s about half a regular coffee).

## Final Thoughts

Your sensitive nervous system isn’t a weakness — it’s a signal. With the right support, **slow COMT individuals can thrive** in calm, creative, and purposeful environments.