The Gentle Reset

(For those feeling ‘off track’)

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WELCOME

A calm, non-restrictive way to reset your energy, metabolism, and habits after the holidays — designed for busy people 30+.

If things feel heavy, you're not failing — and you don't need a detox.

After the summer period, many people feel more tired, bloated, foggy, or out of rhythm. Hormonal shifts, stress, disrupted routines, and poor sleep all play a role.

This short guide is not about restriction, punishment, or "starting again."

It's about gently supporting your body back into balance — in a way that feels realistic, sustainable, and kind.

You don't need perfection.

You just need a few supportive anchors.

The 3 Foundations

Before changing everything, focus on these three foundations first:

1. Blood Sugar Balance
Stable blood sugar supports energy, mood, cravings, and hormone regulation.

2. Stress Regulation
Chronic stress raises cortisol, which affects sleep, weight, hot flashes, and fatigue.

3. Sleep & Recovery
Sleep is one of the most powerful metabolic and hormonal tools we have — and it's often overlooked.

7 Gentle Habits to aid a Reset now

Choose consistency over intensity

- Start the day with a protein-forward breakfast
- Get 10 minutes of daylight movement daily
- Drink water before caffeine
- Eat three satisfying meals instead of grazing
- Create a simple evening wind-down ritual
- No screens an hour before bed
- Create a plan going forward

You don’t need to do all of these perfectly. Even one or two can shift how you feel.

Your 7-Day Gentle Reset

- Day 1: Protein & blood sugar
- Day 2: Stress and nervous system
- Day 3: Strength & movement
- Day 4: Meal rhythm & digestion
- Day 5: Sleep and recovery
- Day 6: Reset and Restore
- Day 7: Set your next chapter

Each day focuses on one small shift. There’s no need to track calories, restrict food, or overhaul your life.

Day 6: Restore your Nervous system

Today is about slowing down and letting your nervous system integrate the changes you've made this week. Chronic stress drives hormonal disruption, fatigue, weight gain, and inflammation. Today's focus is restoration, not doing more.

Today's Focus:

- Reduce stress hormones
- Improve sleep quality
- Support emotional regulation

Your gentle actions:

- 10–20 minute walk outside (no phone)
- 5 minutes of slow breathing (4 seconds in, 6 seconds out)
- Early night or screen-free evening
- Do one thing today purely for pleasure or rest

Reflection prompt:
Where in your life could you create more white space and recovery?

Day 7: Your Sustainable Reset Plan

Real health doesn't come from short challenges — it comes from small, consistent actions. Today is about choosing what you'll carry forward into the next 30 days.

Today's Focus:

- Consolidate habits
- Create a realistic plan
- Avoid all-or-nothing thinking

Your actions:

- Choose 3 habits from this week to keep
- Decide when in your day they'll happen
- Write a simple "minimum version" for busy days

Planning prompts:

- The 3 habits I'm keeping are:
- The biggest difference I noticed this week was:
- The one thing I'm proud of is:

You don't need perfection. You need consistency, compassion, and a plan that fits your real life.

A Moment to Reflect

- What feels most out of balance right now?
- What do I want more of this year?
- What habits feel supportive — not draining?
- What would “better” (not perfect) look like?

Want More Structure & Support?

If this gentle reset felt supportive, you may benefit from a more structured, guided approach.

Message for further info on coaching programmes I offer

plus

check out my Natural Lifestyle Reset: 14 days to feel better available on my website

https://www.thenaturallifestylecoach.com/category/all-products

The cost of which is refunded if you decide to go on and book a coaching programme with me.

To your future Health

Dr Elizabeth Baggs