

Holistic Wellness Hub

Midlife Nervous System Reset Bundle

A gentle, beautifully designed reset guide for women navigating menopause, burnout, and midlife transitions.

Midlife Nervous System Reset Checklist – Daily Rituals

■ Wake at a consistent time and drink water before caffeine.

■ Gentle morning stretching or breathwork (5 minutes).

■ Midday pause: 3 slow breathing cycles.

■ Protein-rich meals to stabilize hormones.

■ Evening wind-down routine with dim lighting.

■ Remove one unnecessary commitment this week.

Anti-Optimization Weekly Planner

This week my nervous system needs: _____

My Top 3 Essential Tasks Only: 1. _____ 2. _____ 3. _____

Recovery appointments I will protect: _____

Things I am choosing NOT to optimize:

End of week reflection: What felt aligned? What felt forced? _____

Menopause Burnout Reflection Page

Today I feel (physically & emotionally): _____

Where do I feel stress in my body? _____

What is draining me right now? _____

What would gentle support look like today? _____

I give myself permission to: _____

Created with care by Holistic Wellness Hub – Supporting women through midlife with gentle, sustainable wellness.