

STELIMASA HEALTH / FREE WELLNESS GUIDE

The Midlife Balance Reset

Seven practical days for more adaptable daily routines

Rest | Nourishment | Movement | Community | Calm

Start where you are

A RESET FOR REAL LIFE

This seven-day guide brings together simple choices around rest, movement, meals, connection and everyday wellbeing.

It is designed for people interested in midlife wellbeing, without assuming any particular condition or experience. Your preferences, access needs and routines matter.

You do not need perfection, a strict programme or a supplement. Try one action a day, note what feels manageable and keep what serves you.



YOUR THREE-PART APPROACH

- **Notice** Pay attention without judgement.
- **Try** Choose one manageable action.
- **Keep** Repeat what suits you.

When to seek advice: New or disruptive symptoms deserve a conversation with a qualified healthcare professional. This guide is educational and cannot replace individual care.

Notice your baseline

Before you change a routine, notice what is already happening.

NOTICE

For one ordinary day, jot down when you woke, roughly when you ate, how you moved, the amount of rest you had and when your energy felt more or less steady. Record context, not just a score: a late work call or a disrupted night may tell you more than a single number.

TRY

Choose three easy observations: sleep timing, one meal, and one moment of movement. Give each a simple note such as "usual", "different" or "not sure". Avoid turning this into constant checking. The purpose is to identify one manageable place to begin.

REFLECT

What was predictable today? Which change would feel helpful rather than burdensome?



THE SMALL STEP

Notice without pressure

A journal, a calendar or even a quick voice note can help you see your baseline.

One small action is enough today.

Support a steady morning

A repeatable morning can make the rest of the day easier to organise.

NOTICE

Aim for a realistic wake-up window rather than perfection. Once you are up, open the curtains or spend a short period outdoors if accessible and comfortable. Morning daylight helps anchor a regular daily pattern. If your mornings are crowded, a few minutes by a window or during a commute can still become a consistent cue.

TRY

Choose a morning anchor linked to something you already do: water before your first meeting, a quick stretch after brushing your teeth, or a short walk after breakfast. The anchor should take five to ten minutes at most and work on an ordinary weekday.

REFLECT

Which morning cue could you repeat four days this week?

THE SMALL STEP

Anchor your morning

A few minutes of daylight can become a habit without adding a complex routine.

One small action is enough today.



Build a balanced plate

Regular meals are a useful foundation for everyday wellbeing.

NOTICE

Choose one meal you routinely eat and look at its variety. A balanced plate might include vegetables or fruit, a protein source, whole grains or other fibre-rich carbohydrates, and a source of healthy fats. Calcium-rich foods are also relevant for bone health in midlife. Preferences, intolerances and budgets differ, so use ingredients you enjoy and can obtain.

TRY

Make one addition, not a restrictive rule. Add yoghurt or a fortified alternative, beans or lentils, leafy greens, or another familiar food that improves variety. Do not cut entire food groups without a sound reason or qualified advice.

REFLECT

What was the easiest addition to repeat, and did you enjoy it?



THE SMALL STEP

Make meals enjoyable

Choosing fresh ingredients can also become a social moment, not another rule.

One small action is enough today.

Move for strength

Movement works best when it fits the body and life you have.

NOTICE

Midlife wellbeing is supported by regular movement, including activities that help maintain muscle and bone strength. Walking, dancing, gardening, resistance bands, bodyweight movements and weights can all have a place. There is no need for a punishing workout or a new gym membership. Begin at a level that suits your mobility and existing health.

TRY

Choose one small movement block: ten minutes of walking, a few chair rises, or a light resistance session using good form. If you already exercise, focus on consistency rather than doing more. Build gradually and seek guidance if you have pain or a health condition affecting activity.

REFLECT

What type of movement felt comfortable, accessible and worth repeating?

THE SMALL STEP

Move in your own way

Strength can include bands, a class, dancing or a short walk with a friend.

One small action is enough today.



Make evening rest easier

Restful routines start before the moment you get into bed.

NOTICE

A regular sleep and wake pattern is one practical place to focus. Set a modest wind-down cue, such as dimming bright lights or moving non-urgent tasks away from your last half-hour. Some people notice sleep is affected by late caffeine, alcohol, room temperature or irregular timing. Rather than assuming a trigger, observe whether any of these patterns are relevant to you.

TRY

Try one 20-minute wind-down tonight. Keep the bedroom comfortable where possible and give tomorrow's tasks somewhere to live on paper. If sleep problems are persistent or disruptive, seek professional support rather than relying on supplements.

REFLECT

Which evening change was feasible without adding extra work?



THE SMALL STEP

Find your evening cue

A comforting ritual can create a boundary between a busy day and rest.

One small action is enough today.

Create a small reset pause

A short pause can help create breathing room in demanding days.

NOTICE

You do not have to eliminate stress to take care of yourself. Try noticing when your attention becomes crowded: after a call, before a family task or during a commute. A gentle pause, quiet stretch, short outdoor break or conversation with someone trusted may support wellbeing. You can choose what feels safe and comfortable; no breathing exercise is compulsory.

TRY

Pair a two-minute pause with a recurring event. Sit comfortably, relax your shoulders, and breathe in a way that feels natural. Alternatively, step away from a screen, stretch, or take a slow walk. Return to one next task rather than attempting to resolve everything at once.

REFLECT

What cue reminded you to pause? Was it easier to continue afterwards?

THE SMALL STEP

Pause and reconnect

A creative activity or a conversation can make a reset feel more human.

One small action is enough today.



Keep your useful habits

The goal is a repeatable plan, not a flawless week.

NOTICE

Look across the notes you made. Some actions may have been surprisingly easy, and others might not fit your life at all. That information is valuable. Choose the two or three habits that felt practical and meaningful. Consider what could interrupt them: travel, shift work, caregiving, illness or changing schedules. Build alternatives that still count as progress.

TRY

Write your personal reset in one sentence: "When [existing cue] happens, I will [small action] for [realistic time]." Add a fallback for difficult days. Revisit the tracker in another week to see whether the habit is still helpful.

REFLECT

Which two habits will you keep? What is the smallest version of each?



THE SMALL STEP

Keep what matters

The routines that last are often the ones you genuinely enjoy.

One small action is enough today.

When life gets in the way

A flexible plan is more useful than one you abandon after a difficult day.

Busy or unpredictable days

Use the two-minute version of an activity. A pause, one balanced snack or a short stretch still gives you an anchor.

Low energy or disrupted rest

Reduce the intensity, protect your rest and avoid compensating with an unrealistic plan. If symptoms persist, seek individual advice.

Changing needs

A health change, medication or mobility concern may make some activities unsuitable. Adapt or discuss them with a qualified professional.

Too many habits at once

Remove rather than add. Choose one action that fits a routine you already have. Progress is not measured by the number of boxes ticked.



Your habit tracker

Choose two or three small actions from the seven days. Track whether you tried them, not whether you were perfect.

Habit A _____

Habit B _____

Habit C _____

DAY	HABIT A	HABIT B	HABIT C
01	☐	☐	☐
02	☐	☐	☐
03	☐	☐	☐
04	☐	☐	☐
05	☐	☐	☐
06	☐	☐	☐
07	☐	☐	☐
08	☐	☐	☐
09	☐	☐	☐
10	☐	☐	☐
11	☐	☐	☐
12	☐	☐	☐
13	☐	☐	☐
14	☐	☐	☐

One observation I want to remember:

_____

Habits first, choices second

A SUPPORTIVE REMINDER



Use what suits you. You do not need to purchase anything to complete this guide.

Supplements can sometimes be considered alongside a balanced diet and other wellbeing habits, but they are not a treatment for menopausal symptoms and are not a substitute for individual healthcare.

Product labels, ingredient doses and interaction warnings matter. Herbal ingredients, including ashwagandha, may be unsuitable with certain medical conditions or medicines.

Healthy routines are useful even without products.

WHEN TO SPEAK TO A CLINICIAN

Seek qualified advice before considering supplements if pregnant, breastfeeding, using medicines, or managing a medical condition.

Persistent sleep disruption, unexpected bleeding changes, disruptive mood changes, hot flushes or other symptoms deserve a proper conversation with a healthcare professional.

TRUSTED RESOURCES

NHS: menopause and perimenopause

NICE: menopause guidance NG23

ACOG: the menopause years

An option, not a requirement

The seven-day reset stands on its own. For readers who are interested in optional supplement support, the Her Balance Set brings together two real Stelimasa Health products.



HARMONY BALANCE

Formulated for women's everyday wellness. Review its complete ingredients, directions and cautions on Shopify.

CALM MIND

Organic ashwagandha, 650 mg per capsule. Check possible interactions, especially with medications or health conditions.

See the genuine Her Balance Set

The Shopify listing contains the authentic product photographs, current price, ingredients and complete label information. This guide makes no claim that supplements treat menopausal symptoms.

SAVE 17% ON YOUR ORDER | USE CODE CALM17

Enter at checkout. Final eligibility and total are confirmed there.



AFTER YOUR SEVEN DAYS

Keep what works for you.

Choose two habits. Keep them gentle. Revisit your tracker.
Share the guide with someone who could use a little reset.

Not medical advice. Individual experiences vary. © 2026 Stelimasa Health.