STELIMASA HEALTH

WELLNESS GUIDE

The Focus Reset

Seven practical days for calmer focus, clearer routines and everyday balance.

Small, sustainable habits. No extreme promises, no complicated routines.

7 gentle daily practices
14-day habit tracker
Trusted health resources

FREE PRACTICAL WELLNESS GUIDE



YOUR GUIDE TO SEVEN GROUNDED DAYS

Start where you are

A RESET FOR REAL LIFE

Concentration can feel harder when days are full of interruptions, responsibilities and incomplete tasks. This guide explores simple ways to organise your attention and routines.

It does not diagnose memory concerns or promise sharper cognition. Choose a modest action each day, adapt it to your circumstances and keep the changes that serve you.



YOUR THREE-PART APPROACH

NOTICE	Observe the conditions around your day.
TRY	Choose one small adjustment.
KEEP	Repeat what fits and leave the rest.

New, persistent or worsening difficulty with memory or concentration warrants professional advice. This guide is not medical treatment.

DAY 1 OF 7

Choose one priority

Give your day a clear beginning.

NOTICE

Notice how many competing tasks you carry into the morning. When everything feels urgent, it may help to distinguish the most consequential task from the most visible notification.

TRY

Write down one priority and break it into a ten-minute first action. Place the note somewhere you can see it. If you cannot start immediately, choose a realistic time rather than trying to squeeze it between meetings.



A SMALL STEP IS ENOUGH TODAY

REFLECT

What made your first step easier to begin?

THE SMALL STEP

Write one priority and its first ten-minute step.

DAY 2 OF 7

Protect a quiet block

Create space for undivided attention.

NOTICE

Think about when messages, alerts or household interruptions usually fragment your day. Notice which interruptions are necessary and which can safely wait.

TRY

Choose a 20- to 30-minute period for one task. Silence non-essential alerts, close unused tabs and let relevant people know when you will be available. If your work requires immediate responsiveness, try a five-minute version.



A SMALL STEP IS ENOUGH TODAY

REFLECT

Which distraction was easiest to reduce?

THE SMALL STEP

Reserve one realistic distraction-light block.

DAY 3 OF 7

Move between tasks

A little movement can mark a reset.

NOTICE

Notice the moments when you change activities or feel stuck at a screen. Sitting still for long stretches can become part of an automatic routine.

TRY

Take a comfortable movement break if appropriate for your health: walk around the room, stretch or spend a few minutes outdoors. Physical activity supports general health, but a single break is not a treatment for attention problems.



A SMALL STEP IS ENOUGH TODAY

REFLECT

Which break fitted naturally into your day?

THE SMALL STEP

Pair one transition with a short movement break.

DAY 4 OF 7

Make lunch a pause

Nourishment without multitasking.

NOTICE

Notice whether meals happen beside a keyboard, while scrolling or in a rush. Food should not be treated as a quick cure for concentration difficulties.

TRY

Choose one meal with protein, vegetables or fruit, and whole grains when available and appropriate. Step away from work where practical. Familiar foods from your own culture and budget can make this sustainable.



A SMALL STEP IS ENOUGH TODAY

REFLECT

What helped make the meal more satisfying?

THE SMALL STEP

Plan one unhurried, balanced meal.

DAY 5 OF 7

Plan an afternoon reset

Respond to the day you actually have.

NOTICE

Energy and concentration can fluctuate, especially on days with poor rest or heavy workloads. A difficult afternoon does not necessarily mean you lack discipline.

TRY

Before beginning another task, pause for two minutes. Drink according to thirst, change your environment or step outdoors. If you use caffeine, consider whether late consumption interferes with your sleep.



A SMALL STEP IS ENOUGH TODAY

REFLECT

What did you need at this point in the day?

THE SMALL STEP

Try one short and repeatable afternoon pause.

DAY 6 OF 7

Create an evening boundary

Close the workday with intention.

NOTICE

Consider how often unfinished tasks follow you into the evening. Sometimes a simple ending helps tomorrow feel less cluttered.

TRY

Write a brief note with one unfinished item, its next step and when you will return to it. Close unnecessary work tabs and choose a wind-down cue such as reading or a quiet walk. Adapt to shifts and caring duties.



A SMALL STEP IS ENOUGH TODAY

REFLECT

Which cue made it easier to stop?

THE SMALL STEP

Choose a repeatable end-of-day ritual.

DAY 7 OF 7

Review and simplify

Keep the habits you can repeat.

NOTICE

Look back without scoring yourself. Which ideas suited your priorities, working hours and responsibilities? Which felt like extra effort?

TRY

Select two or three habits to carry into the next fortnight. Connect them to existing cues rather than setting complicated targets. Missed days are normal; the goal is a workable routine, not a perfect streak.



A SMALL STEP IS ENOUGH TODAY

REFLECT

What is the smallest useful change you will keep?

THE SMALL STEP

Choose two habits for your tracker.

ADAPT THE ROUTINE

When life gets in the way

Flexible, useful routines matter more than perfect schedules.

A day full of interruptions

Use a five-minute focus block or choose just the first small task.

Atypical shifts or caring duties

Anchor one habit to an event you already have, not an ideal clock time.

Poor sleep or a stressful week

Reduce the demands you place on yourself. Persistent symptoms deserve individual advice.

A change in your concentration

New or concerning problems with memory or attention should be discussed with a qualified professional.

FOURTEEN DAYS OF CONSISTENCY

Your habit tracker

Choose up to three practices. Tick when you attempt one. An imperfect day is still useful information.

HABIT A _____

HABIT B _____

HABIT C _____

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

One observation I want to remember:

_____

BEFORE YOU FINISH

Habits first, products second

A SUPPORTIVE REMINDER

The Focus Reset works without supplements. Rest, regular activity, balanced meals, accessible routines and appropriate healthcare remain the foundation of everyday wellbeing.

Supplements cannot replace assessment of persistent concentration or memory concerns. Their effects may be uncertain, and some ingredients can interact with medicines or may not be appropriate for everyone.



WHEN TO SEEK ADVICE

Talk to a qualified healthcare professional about new, persistent or worsening changes in attention, memory, sleep, mood or functioning. Ask about medical causes and treatment options rather than assuming supplements will resolve the issue.

Ashwagandha may interact with medications and can be unsuitable for certain thyroid, autoimmune, liver or other conditions, and during pregnancy or breastfeeding.

OPTIONAL SUPPORT AND RESOURCES

The Clear Head Set

An option, not a requirement.

SAVE 15% ON YOUR ORDER
USE CODE WELCOME15
At Shopify checkout

TWO GENUINE STELIMASA HEALTH PRODUCTS

SH MIND PRIME

DMAE and bacopa nutrient capsules. Review the actual ingredient list and directions before considering use.

SH ADAPTOGEN EDGE

Ashwagandha and rhodiola blend. Check medicines, medical conditions and interaction cautions.

VIEW THE GENUINE CLEAR HEAD SET

Current US Shopify listing: $54.90 | Tap to view ingredients and images

TRUSTED US SOURCES

HHS Move Your Way / OPEN RESOURCE

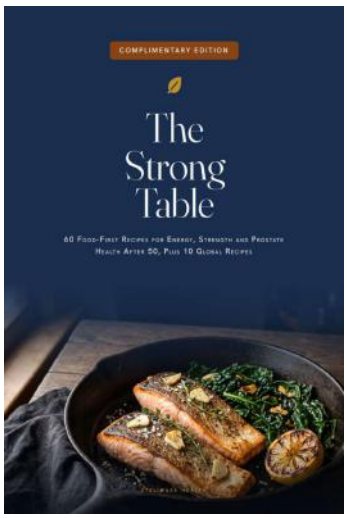
USDA MyPlate / OPEN RESOURCE

NIH NCCIH Ashwagandha / OPEN RESOURCE

The bundle is optional. No promise of improved memory, focus or treatment of stress is made. Evidence varies by ingredient and outcome.

The four-book cookbook collection

Practical meals for men, women and the table you share.



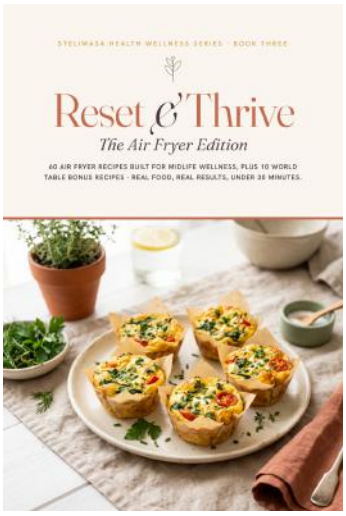
The Strong Table



The Strong Table | Air Fryer



Reset & Thrive



Reset & Thrive | Air Fryer

Explore all four digital cookbooks

Complete collection | $24.99 offer | Current terms at checkout

VIEW THE FOUR-BOOK COLLECTION

Optional resource. The seven-day practices work without a purchase.



Keep what works for you.

Choose two habits. Keep them achievable. Revisit the tracker when routines change.

STELIMASA HEALTH / WELLNESS EDUCATION

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