

# A SIMPLE WELLNESS ROUTINE FOR WOMEN 30+



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# MORNING ROUTINE



## Drink water before coffee

Overnight, your body becomes dehydrated—and caffeine without hydration can spike cortisol and drain energy later.

*Try starting your day with 8-12 oz of water, bonus if you add electrolytes!*



## Eat a protein-rich breakfast

Protein in the morning helps balance blood sugar, reduce cravings later, and support hormone production.

*Aim for at least 20-30g of protein (eggs, collagen, Greek yogurt, protein shake, etc.)*



## Get sunlight within 30 minutes of waking

Morning light helps regulate your circadian rhythm, improves sleep quality at night, and boosts mood by supporting natural cortisol release.

*Step outside for 2-10 minutes, even on cloudy days.*



## Move your body—gently

Light movement in the morning reduces stress hormones, supports lymphatic flow, and improves focus.

*Think: stretching, a short walk, or 5-10 minutes of light yoga.*



## Take your morning supplements

The right supplements can support mood, energy, and hormonal balance—especially if you’re struggling with stress, fatigue, or brain fog.

*For me, that's a functional coffee + targeted cortisol support. Choose what works for your body!*

# MIDDAY ROUTINE



## Check in with your hydration

Dehydration = fatigue, headaches, and mood dips. By midday, most women are already behind on water.

*Aim for 50–75% of your daily intake before dinner. Electrolytes help your body actually absorb it.*



## Prioritize protein + fiber at lunch

This combo keeps blood sugar stable, which supports sustained energy and reduces the dreaded 3pm crash or sugar cravings.

*Think: grilled chicken salad with avocado, or a protein bowl with greens and quinoa.*



## Take 5 deep breaths (or a walk)

Your nervous system needs a break too. Just 1–2 minutes of slow breathing signals your body that it's safe—reducing cortisol in real time.

*Bonus: a 5–10 minute walk helps clear brain fog + boost mood naturally.*



## Stretch or do light movement

Loosening tight muscles can increase circulation, reduce stress, and help you feel more energized without caffeine.

*Neck rolls, shoulder shrugs, or just standing and reaching your arms overhead—anything counts.*



## Give yourself permission to pause

You don't have to "push through" every day. If you're overstimulated or overwhelmed, a short reset can save your energy for later.

*Close your eyes, listen to music, journal a few lines—whatever helps you come back to yourself.*

# EVENING ROUTINE



## **Eat a light, protein-forward dinner**

Heavy or high-carb dinners close to bedtime can disrupt sleep and spike blood sugar overnight.

*Keep it simple: protein + veggies + healthy fats (like salmon + roasted veggies + olive oil).*



## **Reduce screen time 30–60 minutes before bed**

Blue light from phones and TVs interferes with melatonin (your sleep hormone). It also overstimulates your brain when it's trying to wind down.

*Try swapping screens for a book, journaling, or a relaxing playlist.*



## **Journal or do a gratitude reflection**

Getting thoughts out of your head and onto paper can calm racing thoughts and reduce anxiety. Gratitude also improves sleep quality and mindset.

*Jot down: 1 win from the day, 1 thing you're proud of, and 1 thing you're grateful for.*



## **Support your sleep with supplements if needed**

Many women in their 30s and 40s struggle with falling or staying asleep due to hormone shifts. Certain natural supplements can support your nervous system and promote restful sleep.

*Personally, I use a mood and cortisol support supplement at night—it's made a huge difference in my sleep and anxiety.*



## **Create a relaxing bedtime cue**

Repeating the same calming routine each night tells your brain it's safe to relax.

*Think: warm tea, gentle stretching, magnesium spray, or diffusing calming oils like lavender.*

# Weekly Add-ons

## 1. Aim for 2-3 strength-based workouts

Lifting weights (or using bodyweight resistance) helps build lean muscle, support metabolism, and regulate hormones like estrogen and cortisol. No need for fancy routines—short and effective counts!

## 2. Take one longer walk or movement session

Steady movement supports lymphatic drainage, mental clarity, and mood regulation—especially outdoors.

Think: a solo walk with a podcast, stroller walk, or a weekend park trip with the kids.

## 3. Plan your meals/snacks ahead

When you're overwhelmed, decision fatigue is real. Having a loose meal plan helps reduce stress, support blood sugar, and avoid the “what's for dinner?” panic. Even jotting down 3 dinner ideas for the week makes a difference.

## 4. Prioritize rest + recovery

Recovery is just as important as movement. Hormone balance relies on rest—physically and mentally.

Let one night be for relaxing on purpose, not by accident.

## 5. Do one joyful thing just for YOU

Joy is not optional—it's essential for mental and emotional wellbeing.

What makes you smile? Feels playful? Feels like you? Schedule it like an appointment.

### Optional Bonus Habit:

★ Try a new recipe, podcast, or morning ritual.

Sometimes shaking things up in a small way reignites your spark.

# YOU DESERVE TO FEEL GOOD AGAIN

Remember: it's not about doing everything perfectly—it's about showing up for yourself in small, sustainable ways.

Whether you're trying to boost energy, balance hormones, or just feel like you again, these daily and weekly habits are a powerful place to start. Your body isn't broken. You're just burned out—and healing is possible.

You've got this. And I'm here cheering you on every step of the way!

XO  
Kim Wicker

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