

awaken
WELLNESS WITH JEANNETTE

awakenhealthcoaching.com

THE MIDLIFE SELF-CARE BLUEPRINT

5 Essential Steps to Thrive as a Mom &
Businesswoman





THE MIDLIFE SELF-CARE BLUEPRINT

Welcome

As a busy mom or career-driven woman in midlife, you juggle countless responsibilities. But are you making time for yourself? This guide will help you embrace self-care in practical, meaningful ways—because thriving starts with you.

Before diving in, take a moment to reflect:
How are you feeling today? Energized, overwhelmed, or somewhere in between? Let's explore how small shifts can help you feel more balanced, resilient, and fulfilled.



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The 5 Pillars of Midlife Self-Care

- 1** Mindful Energy Management
- 2** Hormone-Smart Nutrition
- 3** Stress Resilience & Mindfulness
- 4** Restorative Sleep Hacks
- 5** Purpose & Connection



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Mindful Energy Management



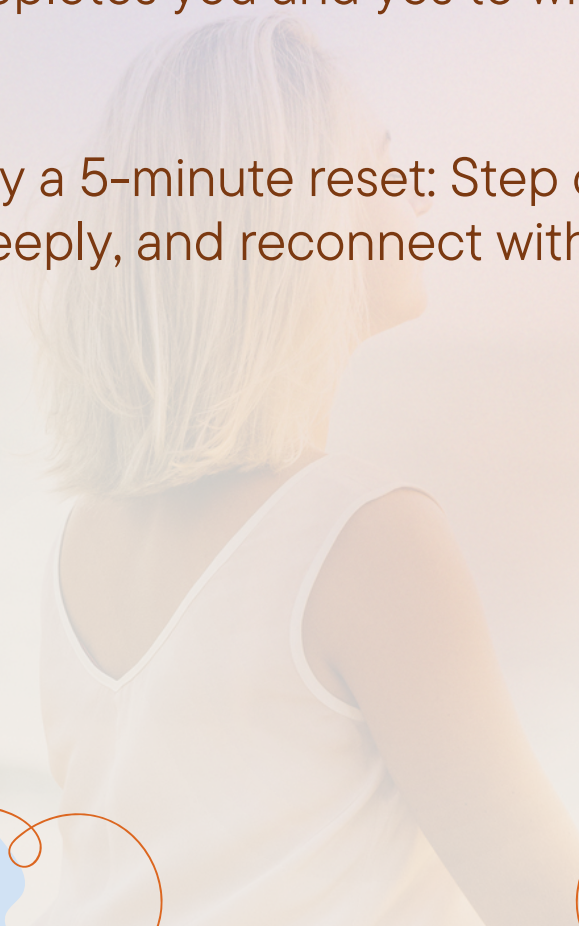
Identify energy-drainers vs. energy-boosters in your daily routine.



Set micro-boundaries: Say no to what depletes you and yes to what restores you.



Try a 5-minute reset: Step outside, breathe deeply, and reconnect with you.





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Hormone-Smart Nutrition

Eat for midlife balance: Prioritize protein, fiber, and healthy fats.

Reduce sugar and processed foods that disrupt hormonal health.

Hydrate intentionally—aim for 8+ glasses of water daily to support metabolism and brain function.

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Stress Resilience & Mindfulness



Practice the Three Minute Breathing Space meditation (see next page).



Shift your stress response: Instead of reacting, pause and choose a response that serves you.



Engage in small daily joys—listen to music, laugh, or take a mindful walk.



Cultivate self-compassion: We cannot tolerate in others what we don't tolerate in ourselves. Treat yourself with the same kindness and understanding you offer others.



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Restorative Sleep Hacks



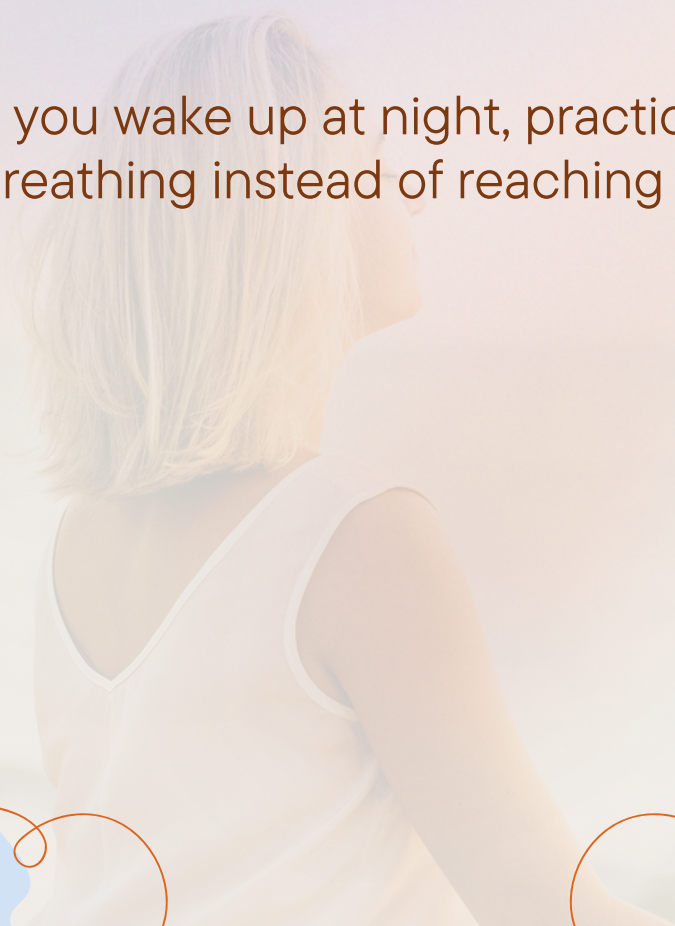
Create an evening ritual: Limit screens, dim the lights, and relax before bed.



Support deep sleep with magnesium-rich foods (almonds, spinach) and calming herbal teas.



If you wake up at night, practice deep breathing instead of reaching for your phone.





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Purpose & Connection



Carve out time for personal growth—what excites and fulfills you?



Build a supportive circle: Engage in Thrive in Midlife workshops or other empowering spaces.



Remember: Self-care isn't selfish; it's the foundation for a thriving life.

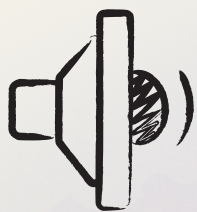




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Guided Self-Care Practice: The Three Minute Breathing Space

This simple mindfulness exercise helps you pause, reset, and reconnect.



Listen to the guided meditation
recording here: - [link here](#)

Awareness – Close your eyes and notice what's happening in your mind, body, and emotions.

Breathing – Focus on your breath, feeling the natural rhythm of inhale and exhale.

Expansion – Gently widen your awareness to your whole body, feeling grounded in the present.

Practice this anytime you need to reset and find calm in your day.



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Midlife Thrive - Checklist

-  I nourished my body with healthy foods.
-  I set a boundary that protects my energy.
-  I moved my body in a way that feels good.
-  I took three mindful breaths before reacting to stress.
-  I prioritized restful sleep.
-  I connected with my purpose and joy.

Practice this anytime you need to reset and find calm in your day.

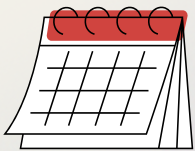


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Ready to Thrive?



Join a Thrive in Midlife workshop for deeper guidance and connection.



Book a complimentary discovery session to explore integrative health coaching.



Visit : **awakenhealthcoaching.com**



Wishing you balance and vitality,

Jeannette

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