

The Personal Wellness Guide

A simple, evidence-informed approach to feeling better - one day at a time.

- Build your foundation: sleep, nutrition, movement, hydration.
- Reduce stress: quick nervous-system resets you can do anywhere.
- Design habits that stick: tiny actions, clear triggers, easy tracking.
- Create a supportive environment: home, work, people, digital life.
- Use the 7-day starter plan and printable trackers to begin today.

How to use this guide: Pick 2-3 ideas that feel realistic. Try them for 7 days. Then keep what works and swap what doesn't. Small wins compound.

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1) The Wellness Foundation

Most wellbeing improvements come from mastering the basics. This page helps you set a strong baseline before you add anything fancy.

Sleep (the multiplier)

- **Target:** 7-9 hours. Go to bed and wake up within the same 60-minute window.
- **Wind-down:** 20 minutes with low light, calm music, reading, or a warm shower.
- **Cut-offs:** caffeine 8 hours before bed; heavy meals 2-3 hours before.
- **Reset fast:** if sleep is poor, go outside within 30 minutes of waking for daylight.

Nutrition (steady energy)

Aim for **protein + fiber + color** at most meals. You don't need perfection - you need consistency.

- **Protein:** eggs, yogurt, fish, lean meat, tofu, beans (helps satiety and muscle recovery).
- **Fiber:** vegetables, fruit, oats, legumes (supports gut health and stable blood sugar).
- **Color:** add 2+ colors to your plate (simple way to improve micronutrients).
- **80/20 rule:** mostly whole foods, plus room for enjoyment.

Movement (daily maintenance)

- **Minimum daily dose:** 20-30 minutes of walking (split into 2-3 shorter walks if needed).
- **Strength:** 2x per week full-body (push, pull, squat, hinge, carry).
- **Mobility snack:** 60 seconds: neck rolls, shoulder circles, hip openers.
- **If you're busy:** attach movement to a routine (after coffee, after meetings, after dinner).

Quick baseline check: If you feel tired, anxious, or unfocused, check this order: sleep -> hydration -> food -> movement -> social connection.

2) Mental Wellness & Stress Reset

Stress isn't always the enemy - it's information. The goal is to reduce unnecessary stress and recover faster.

The 3-minute reset (anywhere)

- **Breathe:** inhale 4 seconds, exhale 6 seconds (10 rounds).
- **Release:** unclench jaw, drop shoulders, relax hands.
- **Orient:** look around slowly and name 5 things you see (signals safety to your brain).

Thought tools that actually help

- **Name it to tame it:** "I'm feeling overwhelmed" (labeling reduces intensity).
- **One next step:** ask "What is the smallest useful action I can do in 2 minutes?"
- **Reality check:** write down evidence *for* and *against* your worry.
- **Kind self-talk:** speak to yourself like you would to a friend you respect.

Daily mental hygiene

- **Input boundaries:** limit doom-scrolling. Choose specific times for news/social media.
- **Micro-breaks:** 30-60 seconds every hour: stand, breathe, look far away.
- **Gratitude with depth:** write 1 thing and why it mattered (not just a list).
- **Recovery blocks:** schedule fun like it's an appointment.

If you're stuck: a good default is to move your body gently, drink water, and talk to someone safe. If symptoms feel unmanageable or persistent, consider professional support.

3) Habits, Environment, and Lifestyle Design

Motivation is unreliable. Systems win. Your job is to make the healthy choice the easy choice.

Build habits that stick

- **Make it tiny:** choose a version so easy you can't say no (2 minutes).
- **Use a trigger:** "After I [existing habit], I will [new habit]."
- **Lower friction:** prep clothes, water bottle, healthy snacks the night before.
- **Reward quickly:** mark it done, celebrate, or pair with something enjoyable.

Your supportive environment checklist

| Area | Make it easier | Make it harder |
|-----------|---|---|
| Kitchen | Fruit visible, protein ready, water bottle filled | Junk food out of sight / single-serve |
| Workspace | Good chair setup, to-do list, focus playlist | Mute notifications, hide distracting tabs |
| Home | Tidy "reset" routine 5 min/day | No screens 30 min before bed |
| Social | Friends who respect your goals | Limit time with draining conversations |

Relationships & meaning

Wellness isn't only physical. Strong relationships and purpose improve resilience and life satisfaction.

- **Connection:** message one person daily (even a short check-in).
- **Boundaries:** say no kindly and early; it prevents resentment later.
- **Meaning:** ask "What do I want to stand for this week?" and act once on it.

Progress rule: if you miss a day, do not miss twice. Restart with the smallest version.

4) Your 7-Day Starter Plan & Trackers

Use this as a gentle reboot. The goal is to feel better, not to be perfect.

| Day | Focus | Daily actions (check off) |
|-----|------------|---|
| 1 | Baseline | Water + 20 min walk + consistent bedtime |
| 2 | Nutrition | Protein at breakfast + add 2 colors to lunch |
| 3 | Stress | 3-minute reset + 10 min tidy/reset space |
| 4 | Strength | 15 min strength (bodyweight) + stretch 2 min |
| 5 | Connection | Reach out to a friend + screen-free 30 min |
| 6 | Outdoors | Daylight walk + plan 1 enjoyable activity |
| 7 | Review | Reflect: what helped? what was hard? choose next 2 habits |

Weekly tracker (print or fill digitally)

| Sleep target | | | | | | | |
|-----------------|--|--|--|--|--|--|--|
| Move (20+ min) | | | | | | | |
| Protein + fiber | | | | | | | |
| Stress reset | | | | | | | |
| Connection | | | | | | | |

Next step: circle your top 2 habits and set a start date. If you want, I can customize this guide to your goals (energy, fitness, stress, focus, weight, sleep).