

Feel Calm & Reset With Me



THE SUN-UP METHOD

A 10-DAY NERVOUS
SYSTEM RESET FOR
WOMEN 40+

FEEL SAFE. FEEL SEEN. FEEL LIKE YOU AGAIN.

@itsvalerieacevedo

Welcome

HEY LOVE, I'M REALLY GLAD YOU'RE HERE 

IF YOU ARE READING THIS, CHANCES ARE YOU'VE BEEN
CARRYING A LOT.

YOU PUSH THROUGH.

YOU SHOW UP FOR EVERYONE.

YOU SMILE EVEN WHEN YOUR HEART FEELS TIRED.

BUT DEEP DOWN... YOU ARE READY FOR PEACE.

PEACE IN YOUR MIND.

PEACE IN YOUR BODY.

PEACE IN YOUR HOME.

THIS GUIDE IS YOUR SAFE SPACE TO SLOW DOWN.

TO BREATHE AGAIN.

TO FEEL LIKE YOU AGAIN.

OVER THE NEXT 10 DAYS, WE'LL TAKE SIMPLE, GENTLE STEPS

THAT

CALM YOUR NERVOUS SYSTEM AND RESTORE ENERGY FROM

WITHIN.

YOU'RE NOT HERE TO HUSTLE OR PUSH HARDER.

YOU'RE HERE TO HEAL.

AND I'M HONORED TO WALK THIS RESET WITH YOU 

— VAL

My Story

There was a season when I felt constantly overwhelmed. My body was tired, but my mind wouldn't rest. I snapped at the people I love most...
then felt crushed by guilt afterward.

I thought something was wrong with me.
I thought feeling anxious, wired, and drained was just “normal” for women in midlife.

But then I learned the truth:
I wasn't broken — my nervous system was exhausted. Once I learned how to support it, everything felt lighter.

Calmer. More connected.

I created this reset so you can feel that same relief —
the kind that starts from within ❤️

Why Women 40+ Feel Overwhelmed

It's not just stress.

It's biology.

During midlife transitions, your nervous system becomes more sensitive to overload:

- **Cortisol stays elevated longer**
- **Sleep quality drops**
- **Hormones shift**
- **Emotions feel heavier**
- **Recovery takes longer**
- **Overwhelm becomes the default**

➔ You react faster and recover slower

But here's the hope:

Your nervous system is designed to heal.

This reset helps you reconnect with that design.

Nervous System 101

There are two main states your body switches between:

Survival State:

Fight • Flight • Freeze

- Fast breathing
- Racing mind
- Irritable and reactive
- Exhaustion

Safe State:

Calm • Connected • Present

- Full breaths
- Clear thoughts
- Patient and grounded
- Restored energy

You were never meant to live in survival mode.

Your body can learn safety again — with small, gentle steps.

Peace is Your Design

Peace is not a luxury.
It's a biological need.

Your body functions better when it
feels safe:

- ✓ Better sleep
- ✓ Better digestion
- ✓ Clearer thinking
- ✓ Hormone balance
- ✓ Energy returns
- ✓ More present with the people you love

This isn't about perfection.
It's about remembering who you are
when your nervous system feels supported.

Let's reset gently, together ❤️

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The Sun Up Method

Your body thrives when it follows the rhythm God designed.

- ✦ Eat with the sun
- ✦ Move with the sun
- ✦ Rest with the sun

Your nervous system LOVES this rhythm:

- Hydrate first
- Move before you eat
- Have breakfast within 2 hours of waking
- Choose protein + fiber
 - Eat dinner early
 - Dim lights early
- Let the body unwind before bed

When you align with the sun...
you align with calm.



❤️ DAY 1 — Calm Hydration

Your nervous system's first "safety signal."

Let's give your body a gentle message:
"You are safe. You are supported."

Hydrating first thing in the morning helps your brain shift out of survival mode and into calm clarity. Your cells run on water + minerals and when they're nourished, you feel grounded instead of frazzled.

Your Day 1 Action:

- ✓ Drink 12–16 oz water with electrolytes within 10 minutes of waking
- ✓ No coffee before hydration 🙅🏻😊

Why it helps:

- Regulates cortisol before it spikes
- Supports energy without jitters
- Keeps your nervous system from "panic mode"

🔍 Breakfast Recipe — Protein + Fiber Power

"Coconut Protein NOatmeal"

- ✓ 30g protein • ✓ 10g fiber • ✓ Hormone-friendly
- 1 scoop protein powder
- 3 Tbsp chia seeds
- 2 Tbsp grated coconut
- 1 Tbsp flaxseed meal
- Warm almond milk
- Optional: blueberries, cinnamon

DAY 1 — Calm Hydration

Why it's calming:

Protein + fiber stabilize blood sugar = stable mood + stable energy.

Affirmation:

I nourish my body with what helps me feel safe and strong.

Reflection:

How did hydration shift my morning energy?
(1-2 words is enough.)

Optional Patch Support

Peace Patch — calming the brain + body connection

(Link in bio if you want to try it)

Checklist:

- Hydrate with electrolytes
- Sunlight when possible
- Protein + fiber breakfast
- Early dinner
- Evening wind-down

☀️ DAY 2 — Sunlight + Movement

Reset stress at the source.

Your body craves morning light. It tells your brain:

“It’s safe to wake up. We have energy.”

Even a few minutes outside turns off the stress alarm and improves your whole day.

Your Day 2 Action:

- ✓ 5–10 minutes of sunlight within 2 hours of waking
- ✓ A gentle walk or light movement before breakfast

Why it helps:

- Cortisol calms after peaking
- Clears groggy morning brain fog
- Improves sleep tonight 🤤

🔍 Breakfast Recipe — Protein + Fiber

Egg Patties

- ✓ 30g protein • ✓ 5–7g fiber (add spinach!)
- Whisk eggs + salt + pepper
- Pour into muffin tin, bake
- Add veggies: spinach, mushrooms, bell pepper

Why it’s calming:

Movement before breakfast keeps blood sugar steady → less irritability + anxiety later.

Affirmation:

Light is finding me today. I move with ease.

Reflection:

Did sunlight shift my mood? Where did I feel it?

Optional Patch Support 🧡

Joy Patch — natural mood uplift
(Link in bio if you’re curious)

Checklist:

- ✓ Hydration
- ✓ Sunlight + movement
- ✓ Protein + fiber breakfast
- ✓ Early dinner
- ✓ Wind-down routine

🌱 DAY 3 — Safety Breakfast (30/10 Rule)

Food is fuel AND safety.

When you skip breakfast, your nervous system thinks:
“We must be in danger.”

Eating breakfast signals safety + stability.
Especially protein + fiber → your brain’s favorite combo.

Your Day 3 Action:

- ✓ 30g protein + 8–10g fiber for breakfast
- ✓ Eat within 2 hours of waking
- ✓ Try to eat with the sun ☀️

Why it helps:

- Lowers stress hormones
- Prevents afternoon crashes
- Balances energy + focus all day

🔍 **Breakfast Recipe** — Protein + Fiber

Keto Toast w/ Pesto + Eggs

- ✓ 30g protein • ✓ 12g fiber (using seed bread)
- Toast high-fiber bread
- Spread pesto
- Add 2 eggs (fried or scrambled)
- Optional avocado for healthy fats

Why it’s calming:

Stable blood sugar = stable nervous system = fewer mood spikes.

Affirmation:

My body is worthy of nourishment and peace.

Reflection:

How does my energy feel after a safety breakfast?

Optional Patch Support 🍷

Peace Patch — calming nervous system signals
(Tap the link in bio anytime)

Checklist:

- ✓ Hydrate
- ✓ Sunlight + movement
- ✓ 30/10 breakfast
- ✓ Early dinner
- ✓ Evening calm

👉 DAY 4 — Gentle Stress Release Movement

Move out the tension you didn't choose.

Stress lives in the body — shoulders, jaw, breath.
Movement is how we let it go instead of storing it.

Today is not a workout...

It's a release.

Your Day 4 Action:

✅ 10–20 minutes of slow + intentional movement

Choose one:

- Stretching
- Walking
- Pilates
- Breath + mobility flow

Why it helps:

- Releases built-up adrenaline
- Turns off fight/flight
- Helps nervous system feel safe again

🔍 **Breakfast Recipe** — Protein + Fiber
Mushroom & Bell Pepper Omelette

✅ ~28g protein • ✅ 5–7g fiber (add spinach!)

- Eggs or egg whites
- Sauté mushrooms + peppers
- Fold into omelette
- Side: berries for extra fiber

Nervous System Note:

Healthy fats + protein = stabilized morning cortisol.

Affirmation:

My body is softening. I am releasing stress I no longer need.

Reflection:

Where did I feel tension melt away?

Optional Patch Support 🧡

Liberty Patch — supports balance + movement
(Link in bio)

Checklist:

- ✅ Hydration
- ✅ Sunlight + movement
- ✅ Safety breakfast
- ✅ Intentional movement
- ✅ Early dinner
- ✅ Evening calm

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💧 DAY 5 — Eat for Calm (Protein + Fiber)

Build safety into every bite.

Today we anchor protein + fiber as your new normal — not a chore. These nutrients communicate safety to your brain.

Not: **“We’re starving.”**

But: **“We are nourished.”**

Your Day 5 Action:

- ✓ Build your meals around protein + fiber first
 - ✓ Try to plate a 30/10 breakfast again
 - ✓ Add veggies to at least 2 meals

Why it helps:

- Lowers cortisol & cravings
- Supports hormones
- Improves gut-brain peace

🔍 **Breakfast Recipe** — Protein + Fiber
Breaking-Fast Overnight Chia Pudding

- ✓ 30g protein • ✓ 12g fiber
- Greek yogurt or coconut milk
 - 3 Tbsp chia seeds
 - Vanilla protein powder
 - Topped with berries

Nervous System Note:

Steady glucose = steady emotions 🧑‍🦰 ♀

Affirmation:

Nourishment is my new morning routine.

Reflection:

Did my breakfast help me feel calmer today?

Optional Patch Support 🧡

Defend Patch — supports foundation health
(Link in bio)

Checklist:

- ✓ Hydration
- ✓ Sunlight
- ✓ Safety breakfast
- ✓ Protein + fiber focus
 - ✓ Early dinner
- ✓ Wind-down routine

👉 DAY 6 — Two Daily Actions

Progress is confidence in motion.

You're not starting over every day — you're stacking safety signals.
Your brain LOVES patterns like this.

Your Day 6 Action:

- ✅ Hydration in AM
- ✅ Sunlight + light movement before breakfast

Why it helps:

- Morning cortisol comes down smoothly
- You feel grounded entering the day

🥗 **Recipe** — Calm Lunch Option

High-Protein Chicken & Greens Wrap

✅ 35g protein • ✅ 10g fiber

- Sliced chicken
- Lettuce wrap or GF wrap
- Hummus or avocado
- Veggies: cucumber, peppers
- Sprinkle hemp seeds

Protein + fiber keep afternoon stress LOW.

Affirmation:

I am building peace into the rhythm of my life.

Reflection:

What felt easier today than Day 1?

Optional Patch Support 🧡

Boost Patch — natural daytime energy support
(Link in bio)

Checklist:

- ✅ Hydration
- ✅ Morning sunlight + movement
- ✅ Protein + fiber breakfast
- ✅ Balanced lunch
- ✅ Early dinner
- ✅ Wind-down

👤♀️ DAY 7 — Three Daily Actions

Calm is becoming your default.

Look at you stacking habits like a pro 🙌

This is where momentum kicks in.

Your Day 7 Actions:

- ✓ Hydration
- ✓ Sunlight + movement
- ✓ Breakfast protein + fiber

Why it helps:

- Your nervous system trusts you
- Energy becomes more steady
- Overwhelm decreases ✨

🍴 **Dinner Recipe** — Comfort + Calm
Salmon Bowl with Quinoa + Avocado

✓ 40g protein • ✓ 9g fiber

- Baked salmon
- Quinoa base
- Avocado
- Steamed broccoli or greens

Omega-3s support brain + hormone balance.

Affirmation:

Peace is becoming familiar to me.

Reflection:

What tiny win am I proud of today?

Optional Patch Support 🍷

REM Patch — deeper sleep support
(Link in bio)

Checklist:

- ✓ Hydration
- ✓ Sunlight + movement
- ✓ Safety breakfast
- ✓ Balanced meals
- ✓ Early dinner
- ✓ Screens off early

🌟 DAY 8 — Four Daily Actions

Your calm foundation is taking hold.

Your nervous system is learning that calm is safe.
Every day you show up, peace becomes your new normal 🤍

Today's Actions:

- ✓ Hydrate
- ✓ Sunlight + movement
- ✓ Safety breakfast
- ✓ Balanced lunch or dinner

Why it helps:

- More energy to finish the day strong
 - Less “evening crash & crave”
 - Feels easier with practice

🥗 **Recipe** — Calm Dinner

Turkey + Veggie Skillet

✓ 35g protein • ✓ 8–10g fiber

Ground turkey + zucchini + peppers + spinach

Season with garlic + sea salt

Serve over cauliflower rice or quinoa

Note: Protein at night supports overnight recovery + better sleep.

Affirmation:

Showing up for myself is getting easier.

Reflection:

What felt surprisingly simple today?

Optional Patch Support 🤍

Peace Patch at bedtime for deeper calm

(Link in bio)

Checklist:

- Hydrate
- Sunlight + movement
 - Safety breakfast
 - Balanced meals
 - Eat with the sun
- Wind-down routine

🌟 DAY 9 — All Five Safety Signals

Your body remembers peace now.

You've already done these!
Today we weave them together — gently + confidently.

Today's Actions:

- ✓ Hydrate + electrolytes
- ✓ Sunlight + movement
- ✓ Safety breakfast
- ✓ Balanced meals
- ✓ Evening slow-down

Why it helps:

This full-day rhythm supports:

- Emotional resilience
- Better digestion
- Lower stress response

🍴 **Recipe** — Lunch or Dinner

Protein-Rich Greek Salad

✓ 35g protein • ✓ 8g fiber

- Chicken or salmon
- Mixed greens
- Cucumber, tomatoes, olives
- Feta (optional)
- Drizzle olive oil + lemon

Omega-3s + fiber = calm brain fuel 🧠💛

Affirmation:

Calm feels natural in my body.

Reflection:

What is one thing I'm proud of this week?

Optional Patch Support 💛

Joy Patch — uplifted mood + motivation

(Link in bio)

Checklist

- Hydrate
- Sunlight + movement
- Safety breakfast
- Balanced meals
- Eat with the sun
- Wind-down routine

🌟 DAY 10 — Celebrate + Integrate

You chose your health. You chose YOU.

Take a deep breath.

You did something amazing.

You showed up for your stress, your peace, your energy — your LIFE.

Today's Actions:

- ✓ Pick your 3 favorite new habits
- ✓ Keep stacking gently
- ✓ Celebrate your progress 🎉

Why it helps:

Sustainable rhythms → sustainable calm 🌿

🍷 Recipe — Nourishing Treat

Greek Yogurt + Berry Parfait

✓ 30g protein • ✓ 10g fiber

Greek yogurt • chia • hemp seeds • berries

Drizzle of honey if desired

Safety + pleasure = nervous system YES

Affirmation:

Peace is my new pattern.

Reflection:

What changed in the last 10 days?

Energy? Sleep? Mood? Reactions?

Optional Patch Support ❤️

Pick your favorite + keep your body supported

(Link in bio)

Checklist:

- Hydrate
- Sunlight + movement
 - Safety breakfast
 - Balanced meals
 - Eat with the sun
- Wind-down routine

Your Daily Calm Reset Checklist

- Drink Electrolytes within 10 mins of waking
- Get sunlight within the first 2 hours of your day
- Gentle movement before breakfast
- 30g protein + 8-10g fiber breakfast
- Move your body with 6-10,000 calming steps a day
- Balanced protein + fiber meals
- Eat with the sun (early dinner)
- Wind-down routine (phones off + calm)

Progress > perfection 🧡



You did it ❤️

You reset stress.

You built rhythm.

You restored peace.

If you want even more support... I've got you ✨

👉 Your next step options:

- Try my favorite nervous system patches
- Message me "RESET" for personalized guidance
 - Join my Calm Reset Community
- Follow for daily nervous system tools: @itsvalerieacevedo

You don't have to do this journey alone ❤️

Peace is available. Every single day.



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