

# Reclaim Your Calm

## 14-Day Stress Reset Workbook

Women • Research • Real Life

Dr. Stephanie

Reframe & Rise Women

# Welcome

Welcome, beautiful lady,

This workbook was created to gently help you reset your stress using simple, science-backed habits rooted in women's behavioral health research.

Work through the pages at your own pace. No pressure. No perfection — just small, consistent steps that create real change.

— Dr. Stephanie

# A Letter From Dr. Stephanie

Women don't just carry stress — we absorb it. We hold it in our minds, our muscles, our expectations, our families, and even in the invisible spaces no one else sees.

Through my doctorate work in human behavior — and years of supporting women who do the emotional labor of life — I learned something powerful:

**Stress looks different for us because life looks different for us.**

We're not just managing tasks. We're managing emotions, relationships, safety, energy, identity, and the constant pressure to “hold it all together.”

But here's the truth you may not hear often enough:

You don't need to push harder to feel better. Your body is not the enemy. And you are not “too much,” “too sensitive,” or “too tired.”

You're carrying more than anyone realizes — often more than you realize.

This workbook was created to help you reconnect with yourself in the simplest, most compassionate ways possible. Small resets. Gentle shifts. Daily habits that support you from the inside out.

You deserve space to breathe. You deserve support. And you deserve to feel good in your own life again.

With love, support, and light,

Dr. Stephanie

# Daily Reset Explained

**Downshift:** A quick pause that signals your body to interrupt the stress cycle.

**Gentle Movement:** Releases stored tension and reconnects your mind and body.

**Hydration Reset:** Water first thing in the morning stabilizes energy, mood, and clarity.

**Emotional Check-In:** Naming your state helps your brain regulate emotions.

**Inside-Out Support (Optional):** NuBiome supports gut–brain balance and daily stress resilience.

# Day 1 — Beginning Again

**Downshift:** Take 3 deep belly breaths and relax your jaw.

*Why it matters:* Deep breathing calms the nervous system and releases tension you may not realize you're holding.

**Gentle Movement:** Roll your shoulders slowly 10 times.

*Why it matters:* The shoulders are one of the first places women store emotional stress and responsibility.

**Hydration Reset:** Drink 10–12 oz of water first thing in the morning.

*Why it matters:* Hydration improves digestion, clarity, circulation, and helps regulate mood and energy.

**Emotional Check-In:** Name your feeling in one word.

*Why it matters:* Naming emotions improves awareness and reduces overwhelm.

**Optional Inside-Out Support:** Sip NuBiome warm or chilled.

*Why it matters:* Gut support enhances mood, clarity, and resilience to stress.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 2 — Listening to Your Needs

**Downshift:** Step outside and feel the air on your face for 60 seconds.

*Why it matters:* A small change in environment interrupts the stress loop in your brain.

**Gentle Movement:** Slow neck circles — 5 in each direction.

*Why it matters:* The neck holds emotional tension from mental load and decision fatigue.

**Hydration Reset:** Drink 10–12 oz of water upon waking.

*Why it matters:* Proper hydration supports stable mood and energy regulation.

**Emotional Check-In:** Ask yourself: “What do I need today?”

*Why it matters:* Self-support begins with awareness of your needs.

**Optional Inside-Out Support:** Sip NuBiome while noting one gratitude.

*Why it matters:* Gratitude shifts your emotional baseline and supports emotional steadiness.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 3 — Returning to Your Body

**Downshift:** Inhale for 4 seconds, exhale for 6 seconds, repeat 3 times.

*Why it matters:* Lengthening your exhale activates your parasympathetic (calming) nervous system.

**Gentle Movement:** Cat–cow spinal waves, slow and intentional, 8 rounds.

*Why it matters:* The spine stores stress from constant responsibility and emotional load.

**Hydration Reset:** 10–12 oz of water to start the day.

*Why it matters:* Increases circulation and wakes up your digestive system.

**Emotional Check-In:** Where do I feel stress in my body?

*Why it matters:* Stress lives physically, not just mentally — naming the location helps release it.

**Optional Inside-Out Support:** Sip NuBiome slowly and intentionally.

*Why it matters:* Supports microbiome balance and mental clarity.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 4 — Softening Your Inner Dialogue

**Downshift:** Place one hand on your heart, one on your belly, breathe deeply x3.

*Why it matters:* This grounding technique helps regulate emotions and reduces internal pressure.

**Gentle Movement:** Hip circles, 8 in each direction.

*Why it matters:* Many women store emotional stress and “holding it together” energy in the hips.

**Hydration Reset:** 10–12 oz water upon waking.

*Why it matters:* Helps support natural hormone balance and detoxification.

**Emotional Check-In:** What thought can I soften today?

*Why it matters:* Softening self-talk reduces anxiety and internal stress.

**Optional Inside-Out Support:** Sip NuBiome with intention.

*Why it matters:* Helps stabilize mood and emotional flow.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 5 — Releasing What Isn't Yours

**Downshift:** 5-sense grounding — notice one thing you can see, hear, feel, smell, and taste.

*Why it matters:* Pulls you out of future worry and back into the present moment.

**Gentle Movement:** Face and jaw relaxation sequence.

*Why it matters:* Women hold emotional tension in the jaw more than men; releasing it calms the whole system.

**Hydration Reset:** Drink 10–12 oz of water.

*Why it matters:* Supports brain function and reduces tension headaches.

**Emotional Check-In:** What am I holding that isn't mine?

*Why it matters:* Reduces emotional overload from carrying others' expectations or feelings.

**Optional Inside-Out Support:** Sip NuBiome today.

*Why it matters:* Supports mental clarity and emotional steadiness.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 6 — Holding Boundaries with Love

**Downshift:** Slow your breathing and drop your shoulders deliberately.

*Why it matters:* Many women subconsciously lift their shoulders when stressed; lowering them signals safety.

**Gentle Movement:** Side body stretch, 20 seconds each side.

*Why it matters:* Emotional contraction shows up in the ribs and obliques — opening them improves emotional flow.

**Hydration Reset:** Drink 10–12 oz of water.

*Why it matters:* Hydration supports metabolism, energy, and concentration.

**Emotional Check-In:** What boundary can I honor today?

*Why it matters:* Boundaries reduce overwhelm and emotional burnout.

**Optional Inside-Out Support:** Sip NuBiome.

*Why it matters:* Supports gut–brain harmony and resilience.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 7 — Seeing Your Progress

**Downshift:** One-minute slow intentional walk.

*Why it matters:* Walking resets your nervous system and helps release stored stress.

**Gentle Movement:** Arm circles, 10 in each direction.

*Why it matters:* Loosens upper-body tension from emotional load.

**Hydration Reset:** 10–12 oz of water.

*Why it matters:* Improves energy flow and focus.

**Emotional Check-In:** What am I proud of today?

*Why it matters:* Builds self-trust, confidence, and emotional grounding.

**Optional Inside-Out Support:** Sip NuBiome.

*Why it matters:* Supports emotional resilience and mental clarity.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

## Congratulations — You're Halfway There

You've completed the first seven days of your Stress Reset.  
Take a moment to pause and acknowledge what you've done:

You showed up for yourself.  
You tried something new.  
You created small moments of support in a life that rarely slows down.

Before we move into the second half, gently reflect:

- **How do I feel today compared to Day 1?**
- **Which reset has felt the most supportive?**
- **Has any step started to feel easier or more natural?**

These shifts — big or subtle — are signs of real progress.

---

## Why We Repeat (And Why It Works)

The next seven days aren't about adding more.  
They're about reinforcing what's already working.

Repetition is one of the most powerful tools in behavioral science.  
It's how your nervous system learns safety, how your brain builds new pathways,  
and how small habits become second nature.

Here's how each reset strengthens you when repeated:

### DOWN SHIFT

Repeating the same calming cue teaches your nervous system to settle faster.  
This is how stress becomes easier to interrupt.

### GENTLE MOVEMENT

Your body remembers what creates release.  
Returning to familiar movement deepens ease and helps emotional tension move through more freely.

## HYDRATION RESET

Keeping this step the same each day builds stability in mood, energy, digestion, and hormones. Consistency is where the real change happens.

## EMOTIONAL CHECK-IN

Naming feelings gets easier with practice.  
Repeated emotional awareness strengthens emotional regulation and clarity.

## INSIDE-OUT SUPPORT (OPTIONAL)

Your gut–brain connection thrives on steadiness.  
Consistent inside-out support helps balance mood, cravings, digestion, and stress resilience.

---

## What This Means for Days 8–14

Each day will continue offering a suggested downshift, movement, and emotional check-in. But you can always choose:

- the one provided,
- the one that supported you most in Week 1,
- or a mix of both.

There is no wrong choice — only supportive ones.

You are not starting over.  
You are deepening everything your mind, body, and emotional system have already begun.

You've built a strong foundation.  
Now we strengthen it, gently and consistently, together.

Mastery isn't about doing more.  
It's about returning to what works... until it becomes yours.

You're doing beautifully.  
Now let's reinforce everything you've built.  
The next seven days are where you strengthen what your mind and body have already begun.

**-Dr. Stephanie**

# Day 8 — Beginning Again

**Downshift:** Take 3 deep belly breaths and relax your jaw.

*Why it matters:* Deep breathing calms the nervous system and releases tension you may not realize you're holding.

**Gentle Movement:** Roll your shoulders slowly 10 times.

*Why it matters:* The shoulders are one of the first places women store emotional stress and responsibility.

**Hydration Reset:** Drink 10–12 oz of water first thing in the morning.

*Why it matters:* Hydration improves digestion, clarity, circulation, and helps regulate mood and energy.

**Emotional Check-In:** Name your feeling in one word.

*Why it matters:* Naming emotions improves awareness and reduces overwhelm.

**Optional Inside-Out Support:** Sip NuBiome warm or chilled.

*Why it matters:* Gut support enhances mood, clarity, and resilience to stress.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 9 — Listening to Your Needs

**Downshift:** Step outside and feel the air on your face for 60 seconds.

*Why it matters:* A small change in environment interrupts the stress loop in your brain.

**Gentle Movement:** Slow neck circles — 5 in each direction.

*Why it matters:* The neck holds emotional tension from mental load and decision fatigue.

**Hydration Reset:** Drink 10–12 oz of water upon waking.

*Why it matters:* Proper hydration supports stable mood and energy regulation.

**Emotional Check-In:** Ask yourself: “What do I need today?”

*Why it matters:* Self-support begins with awareness of your needs.

**Optional Inside-Out Support:** Sip NuBiome while noting one gratitude.

*Why it matters:* Gratitude shifts your emotional baseline and supports emotional steadiness.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 10 — Returning to Your Body

**Downshift:** Inhale for 4 seconds, exhale for 6 seconds, repeat 3 times.

*Why it matters:* Lengthening your exhale activates your parasympathetic (calming) nervous system.

**Gentle Movement:** Cat–cow spinal waves, slow and intentional, 8 rounds.

*Why it matters:* The spine stores stress from constant responsibility and emotional load.

**Hydration Reset:** 10–12 oz of water to start the day.

*Why it matters:* Increases circulation and wakes up your digestive system.

**Emotional Check-In:** Where do I feel stress in my body?

*Why it matters:* Stress lives physically, not just mentally — naming the location helps release it.

**Optional Inside-Out Support:** Sip NuBiome slowly and intentionally.

*Why it matters:* Supports microbiome balance and mental clarity.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 11 — Softening Your Inner Dialogue

**Downshift:** Place one hand on your heart, one on your belly, breathe deeply x3.

*Why it matters:* This grounding technique helps regulate emotions and reduces internal pressure.

**Gentle Movement:** Hip circles, 8 in each direction.

*Why it matters:* Many women store emotional stress and “holding it together” energy in the hips.

**Hydration Reset:** 10–12 oz water upon waking.

*Why it matters:* Helps support natural hormone balance and detoxification.

**Emotional Check-In:** What thought can I soften today?

*Why it matters:* Softening self-talk reduces anxiety and internal stress.

**Optional Inside-Out Support:** Sip NuBiome with intention.

*Why it matters:* Helps stabilize mood and emotional flow.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 12 — Releasing What Isn't Yours

**Downshift:** 5-sense grounding — notice one thing you can see, hear, feel, smell, and taste.

*Why it matters:* Pulls you out of future worry and back into the present moment.

**Gentle Movement:** Face and jaw relaxation sequence.

*Why it matters:* Women hold emotional tension in the jaw more than men; releasing it calms the whole system.

**Hydration Reset:** Drink 10–12 oz of water.

*Why it matters:* Supports brain function and reduces tension headaches.

**Emotional Check-In:** What am I holding that isn't mine?

*Why it matters:* Reduces emotional overload from carrying others' expectations or feelings.

**Optional Inside-Out Support:** Sip NuBiome today.

*Why it matters:* Supports mental clarity and emotional steadiness.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 13 — Holding Boundaries with Love

**Downshift:** Slow your breathing and drop your shoulders deliberately.

*Why it matters:* Many women subconsciously lift their shoulders when stressed; lowering them signals safety.

**Gentle Movement:** Side body stretch, 20 seconds each side.

*Why it matters:* Emotional contraction shows up in the ribs and obliques — opening them improves emotional flow.

**Hydration Reset:** Drink 10–12 oz of water.

*Why it matters:* Hydration supports metabolism, energy, and concentration.

**Emotional Check-In:** What boundary can I honor today?

*Why it matters:* Boundaries reduce overwhelm and emotional burnout.

**Optional Inside-Out Support:** Sip NuBiome.

*Why it matters:* Supports gut–brain harmony and resilience.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# Day 14 — Seeing Your Progress

**Downshift:** One-minute slow intentional walk.

*Why it matters:* Walking resets your nervous system and helps release stored stress.

**Gentle Movement:** Arm circles, 10 in each direction.

*Why it matters:* Loosens upper-body tension from emotional load.

**Hydration Reset:** 10–12 oz of water.

*Why it matters:* Improves energy flow and focus.

**Emotional Check-In:** What am I proud of today?

*Why it matters:* Builds self-trust, confidence, and emotional grounding.

**Optional Inside-Out Support:** Sip NuBiome.

*Why it matters:* Supports emotional resilience and mental clarity.

**How I'm Feeling Today:**

*Journal here...*

**One Win:** (Big or small — recognize yourself.)

# You Did It!

You did it!

You showed up for yourself for 14 days — and that matters more than you know.

These small shifts are the beginning of your inside–out reset. I'm so proud of you.

— Dr. Stephanie