

Actively  Achieve



SMALL STEPS REAL CHANGE

STRESS MANAGEMENT FOR WOMEN OVER 40

The Hidden Weight of Stress

Do you ever feel like stress has quietly taken over your life? Like no matter how much you try to stay on top of things... the overwhelm, the exhaustion, the never-ending to-do lists just keep coming? I know that feeling - because I've lived it.

As women in our 40s and beyond, we carry a lot. Family, work, relationships, responsibilities... and somehow, we're usually the last thing on the list.

And here's what no one really talks about - when you keep putting yourself on the back burner, the stress doesn't just go away. It builds. It shows up as tension in your body, constant fatigue, restless nights, brain fog, and that underlying feeling of "I'm just not myself lately."

Maybe you've tried to reset before. a weekend away, a spa day, or telling yourself "this time I'm really going to get back on track."

And for a minute, it helps.

But then life picks back up and so does the stress.

That's because real relief doesn't come from doing more or short breaks. It comes from small, consistent shifts that actually fit into your life. That's exactly what this guide is here to help you do.

Inside, you'll find simple, practical steps you can start right away - no complicated routines, no pressure to be perfect.

Just small changes... that help you feel a little more like yourself again.

Why Stress Feels Overwhelming

Stress isn't just in your head - it's in your body. And as we hit our 40s and beyond, it tends to feel heavier.

Hormonal changes, career pressures, caregiving, and shifting life dynamics, they all add layers to our daily stress.

Here's why stress feels different now:

✓ **Cortisol Spikes:** As estrogen fluctuates, cortisol (your stress hormone) rises, making anxiety and overwhelm worse.

✓ **Brain Fog & Fatigue:** Chronic stress depletes energy, making it harder to focus, remember things, and stay motivated.

✓ **Sleep Disruptions:** Hormonal shifts can lead to restless nights, which makes stress even harder to manage.

✓ **Emotional Overload:** Between aging parents, adult children, work, and personal changes, it's easy to feel stretched thin.

The good news?

You don't have to accept stress as your new normal. Let's explore small, practical shifts that can bring relief - without overhauling your life.

The Small Steps That Create Real Change

Start Your Day with Intention

How you start your morning shapes your entire day. If you wake up feeling rushed, scattered, or overwhelmed, that energy carries with you. Instead, set the tone for calm and clarity with a simple morning ritual.

Try This:

Before checking your phone, take three deep breaths and set an intention for the day.

Example: **“Today, I will focus on progress, not perfection.”**

The Power of Mini Breaks

When we're busy, we often push through stress instead of pausing. But taking **60-second resets** can **lower cortisol, clear brain fog, and boost energy.**

Try This:

Every 60-90 minutes, stop what you're doing and reset:

- ✓ Close your eyes and take three deep breaths.
- ✓ Stretch your arms overhead for 10 seconds.
- ✓ Drink a glass of water.

The Small Steps That Create Real Change

What You Eat Matters

What you eat directly impacts how you feel. Sugar, caffeine, and processed foods spike stress levels, while **nutrient-rich foods support hormonal balance and energy.**

Try This:

Add one stress-reducing food to your meals today, for example:

Avocado (healthy fats)

Berries (antioxidants)

Herbal tea (calm & hydration)

Sleep Reset for a Clearer Mind

Poor sleep makes stress worse, but **a simple nighttime routine can help your mind and body unwind.**

Try This:

One hour before bed, turn off screens and do a calming activity (reading, journaling, stretching).

The Small Steps That Create Real Change

Saying No Without Guilt

As women, we want to help in any way we can and most of us probably are conditioned to say 'yes' to everything. But overcommitting is a fast track to burnout. Setting boundaries isn't selfish, it's self-preservation.

Try This:

Next time you feel pressured to say yes, respond with: "I'd love to help, but I don't have the capacity right now."

The 'Anchor Habit' That Keeps You Grounded

Having one daily habit that keeps you balanced is key. Whether it's **meditation, walking, journaling, or stretching**, finding a go-to stress reliever helps you stay balanced and centered.

Try This:

Pick one anchor habit and commit to it for 7 days.

Keeping the Momentum Going

You've taken the first step toward less stress and more balance.

Now, the key is consistency.

Here's what to do next:

- ✓ Pick one step and try it today.
- ✓ Make a goal of sticking with it for the week. Go day by day.
- ✓ Get [The Stress Snapshot](#) a free quiz when you're ready to pinpoint the areas of stress in your life and level of stress.

You are in control.

You don't need a massive life overhaul to feel better.

Small, intentional shifts can bring relief, clarity, and energy back into your life. You are not stuck. You are capable of change.

Take it **one small step at a time - you've got this.**

This content is for educational and informational purposes only and is not intended as medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional before making changes to your health, wellness, or lifestyle routines. By using this resource, you acknowledge that you are responsible for your own health decisions.

This resource is for personal use only. You may not copy, share, reproduce, resell, distribute, or claim any part of this content as your own. This content may not be used for coaching, teaching, client work, or any commercial purpose without permission.

Unauthorized use is strictly prohibited.