



FREE E-GUIDE

# RESET

## A PRACTICAL GUIDE TO BOOST ENERGY & BEAT STRESS

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Simple, evidence-based routines to help you feel calm, focused and energised—starting today.



## WELCOME & HOW TO USE THIS GUIDE

Welcome, Beautiful Woman!

I'm so glad you're here.

If you've been feeling overwhelmed, low on energy, or stuck in survival mode—this guide is for you.

As a GP, wellness expert, and mum of three, I understand how hard it can be to prioritise your health in the middle of life's demands. That's why I created RESET—a simple, practical toolkit to help you de-stress and recharge your energy without needing hours in the day or fancy equipment.

Inside, you'll find two powerful daily routines and simple, evidence-based habits to help you feel more grounded, focused, and full of life.

Here's how to use it:

- You can follow the steps as a 7-day challenge
- Or, start by choosing 1–2 routines to build into your week
- Save the quick resets for those busy days when life gets hectic

Remember: Small consistent steps lead to lasting transformation.

You've got this. And I'm cheering you on every step of the way!

With love,

Dr. Olivia Ariyo

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INSPIRATION

**'YOU ARE UNSTOPPABLE  
NOT BECAUSE YOU NEVER  
STOP BUT BECAUSE YOU  
KNOW WHEN TO'**

*Dr. Olivia Ariyo*

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# THE SCIENCE OF STRESS & ENERGY

## Why You Feel Drained—And How to Reset



When you're always “on the go,” your nervous system stays in a constant state of stress. Your body releases cortisol (the stress hormone), which over time leads to:

- Fatigue
- Irritability
- Brain fog
- Poor sleep
- Hormonal imbalances

Stress isn't just in your head—it affects every system in your body. The good news? You can reset your energy, mood and focus by supporting your nervous system with simple daily habits.

The key is consistency—not perfection.

These RESET tools are designed to:

- Help you feel calm and clear in the morning
- Ease your body into rest at night
- Boost your energy naturally throughout the day

All backed by science. All designed for your busy life.

# THE MORNING CLARITY ROUTINE

## RESET YOUR MORNING IN JUST 20 MINUTES

Start the day with intention, not overwhelm.

### 1. Hydrate First Thing

Drink a glass of warm water with lemon or herbal tea to kickstart digestion and brain function.

### 2. Move Your Body

Do 5 minutes of stretching, dancing, or a quick walk to get your blood flowing and energise your muscles.

### 3. Mindful Minutes

Sit quietly for 3–5 minutes. Try deep breathing or a short gratitude meditation. This reduces cortisol and clears your mind.

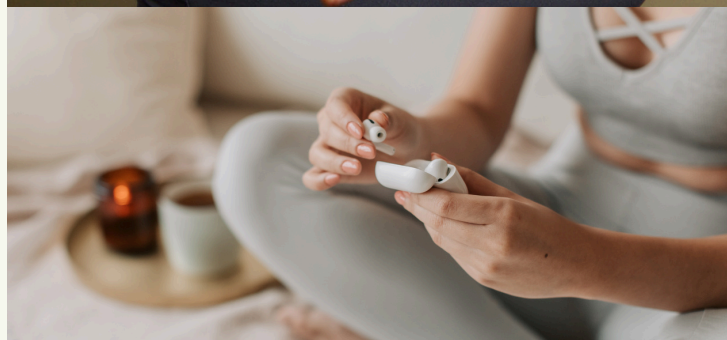
### 4. Set Your Daily Intention

Write down your top 1–3 priorities for the day. Ask: “What matters most today?”

### 5. Speak Life Over Yourself

Say an affirmation aloud.  
Example: “I am focused, grounded and ready for today.”

HOW DID YOU DO?



## MORNING RESET CHECKLIST

- DRANK WATER
- MOVED MY BODY
- TOOK 3 MINDFUL MINUTES
- SET MY INTENTION
- SPOKE MY AFFIRMATION



# THE EVENING WIND-DOWN RITUAL

## 1. Switch Off to Wind Down

Turn off screens 30–60 mins before bed to allow your brain to slow down. Try reading or listening to soft music instead.

## 2. Reflect & Release

Write down 3 things that went well today or one thing you're proud of. This boosts positivity and lowers bedtime anxiety.

## 3. Gentle Movement

Do 2–3 minutes of light stretches or yoga. Focus on releasing tension from your neck, shoulders, and back.

## 4. Gratitude Grounding

List 3 things you're grateful for today—even if it was a hard day.

## 5. Prep for Restful Sleep

Ensure your room is cool, dark and quiet. Avoid caffeine after 2pm and keep a consistent sleep time when possible.

### Evening Affirmation:

“I’ve done my best today. I release the rest. I am safe and loved.”

# QUICK RESET PRACTICES FOR BUSY DAYS

No time? No problem. These tools take 2–5 minutes.

## FAST ENERGY BOOSTS

- ✓ Power Posture – Stand tall, shoulders back, deep breath in
- ✓ Peppermint oil – Inhale or apply to temples for a quick brain refresh
- ✓ Breath of Fire – 30 seconds of rapid breathing to invigorate body & mind

## INSTANT STRESS RELIEF IDEAS

- ✓ Step outside – 3 mins of fresh air or sunlight
- ✓ Uplifting audio – Listen to a calming worship song or relaxing playlist
- ✓ Prayer or grounding – Whisper a short prayer or repeat: “God is with me.”
- ✓ Connection – Send a kind message or voice note to a friend

Keep a **RESET** card or screenshot handy on your phone for when you need a moment to pause.





## READY FOR YOUR NEXT STEP?

You've taken a powerful first step by opening this guide. Now imagine how you'd feel with ongoing support, a loving community, and expert wellness coaching to help you thrive—not just survive.

Join my wellness community and take your RESET to the next level with:

- ✦ Monthly challenges
- ✦ Accountability & group coaching
- ✦ Empowering resources
- ✦ A sisterhood of women doing the work alongside you

JOIN MY FACEBOOK  
COMMUNITY

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