

* 5 THINGS YOU CAN DO
THIS WEEK TO STOP
SNAPPING, SPIRALING &
SEEING RED BEFORE YOUR
PERIOD HITS *

This checklist follows my 3 Things Method™:



Ready to feel less ragey, reactive, and emotionally hijacked by your hormones?

These five simple steps support your hormones, regulate your nervous system, and reconnect you to yourself-no detoxes, no perfection required. Just small steps with big results.

A quick-start calm down plan based on Step 1 of The PMS Power Reset™

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1. BREATHE ON PURPOSE

Nervous System | 1 Minute

Pause, sit, and feel your body land- feet flat on the floor & your back supported by your chair. This is not optional, your nervous system needs a signal that you're safe before it can regulate your hormones.

Try this: physiological sign breathing- 1 breath in through the nose, then another short sharp breath in through the nose- then exhale through the nose or the mouth. Do this for 1 minute.



2. MOVE GENTLY, MINDFULLY

Lifestyle Reset | 10 Minutes

Stretch. Flow. Walk. Release tension through movement that feels good, not punishing. Your body doesn't need high intensity workouts right now, it's overwhelmed. Get creative with this, dance, jump around, shake- this is all helping to calm your stress response.

Try this: Put on your favourite playlist & dance for 10 minutes OR Do a 10 minute Yoga routine (I love Yoga With Bird on Youtube) Or Go for a slow walk with no phone.



3. CATCH YOUR INNER CRITIC

Mindset Reset | Self-Talk Filter

Would you say out loud to a friend what you just say to yourself in your head? If not, stop. Reframe with kindness and be mindful to avoid toxic positivity- this can set you up for failure.

Instead Try this: "I'm doing the best I can with the capacity I have." "I deserve to treat myself with love & compassion."

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4. HYDRATE LIKE YOU MEAN IT

Nutrition Reset | Water & Electrolytes

Dehydration triggers anxiety, fatigue, and hormonal chaos. Aim for consistent hydration all day. If you struggle with this start off with 1 litre, consistently, then build up to optimum 2.25 Litres. Keep in mind uncaffeinated herbal teas also go towards water intake.

Try this: Add electrolytes (if no high BP) or a pinch of salt & lemon.



5. EAT MORE FIBER (YES, REALLY)

Nutrition Reset | Hormone Support

Support hormone detox and blood sugar balance with more fiber. You'll feel fuller, calmer, and more grounded.

Try this: Add 2 handfuls of Leafy greens per day- kale, rocket, cabbage, spinach OR chia seeds & flax with overnight oats or porridge OR berries & nuts as a snack.



BONUS: SCHEDULE REST BEFORE YOU CRASH

Stop waiting until you're fried. Guilt-free rest can be a part of your daily routine, it doesn't have to be a reward.

Try this: 15-minute "nothing time" each day. Phone off. Legs up. No guilt. Grab a book, play your favourite music or enjoy a cup of herbal tea. You do you!

Remember it's about progress not perfection!
You already took the hardest step and that was choosing
to to want to make a change.

Even if you only try one tip its better than nothing!

WANT THE FULL RESET?

This is just Step 1 of The PMS Power Reset™- my 6 step system to turn
PMS from a meltdown into calm, control, and consistency.

[Get the full programme here](#)

HERE IS WHERE YOU CAN FIND ME

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Website: www.restorenutrition.co.uk

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