

# Your 5-Day Stress Reset Plan

A gentle guide to help you find your centre again with simple, daily practices designed for women over 50.

*Pilates · Yoga · Meditation · Breathwork*

## **What's inside:**

- Daily stress-relief practices tailored for women over 50
- Gentle stretches to release tension from your neck, shoulders & hips
- Breathing exercises you can do in under 5 minutes
- Mindfulness tips that fit into even the busiest day
- Bonus: Paula's favourite evening wind-down ritual

*Created with love by **Paula Denvir** — Pilates, Yoga & Meditation for Women Over 50*

## DAY 0 · INTRODUCTION

# Welcome, Lovely

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Hello, I'm Paula. I've spent years helping women over 50 rediscover calm, strength, and joy — through Pilates, yoga, and meditation. I know how easy it is to put everyone else first and forget to breathe.

This little guide is my gift to you. Each day brings one gentle practice — nothing complicated, nothing that requires special equipment. Just you, five to fifteen minutes, and the intention to feel a little better today than you did yesterday.

You deserve to feel calm, grounded, and truly well. Let's begin.

*"The body benefits from movement, and the mind benefits from stillness."*

## DAY 1

# Breathe & Begin

Stress lives in our breath first. When we feel overwhelmed, our breathing becomes shallow and fast — sending our nervous system into fight-or-flight. Today we reset that.

## Morning Practice (5 minutes)

### 4-7-8 Breathing

- Sit comfortably, spine tall, shoulders relaxed.
- Inhale quietly through your nose for **4 counts**.
- Hold your breath for **7 counts**.
- Exhale completely through your mouth for **8 counts**.
- Repeat 4 cycles. Increase to 8 as you feel ready.

#### ◆ *Paula's Tip*

*Do this before you check your phone in the morning. Those first moments set the tone for your whole day.*

## Evening Practice (5 minutes)

Tonight, sit quietly before bed and place both hands on your heart. Think of three things — however small — that brought you comfort today. Breathe them in. Let the day go.

*"Breathing in, I calm body and mind. Breathing out, I smile."*

## DAY 2

# Gentle Movement for Release

Stress stores itself in the body — especially in the neck, shoulders, and hips. Today's Pilates-inspired sequence helps melt that tension away. Move slowly; this is not a workout, it's a conversation with your body.

## Morning Sequence (10 minutes)

### Neck Rolls

- Sit tall. Drop your right ear toward your right shoulder.
- Slowly roll your chin to your chest, then to the left.
- 4 slow rolls each direction. Never roll the head back.

### Shoulder Melts

- Inhale and lift both shoulders to your ears.
- Exhale and let them drop completely. Feel the release.
- Repeat 6 times. Let out a sigh if you need to!

### Seated Cat-Cow (Pilates style)

- Sit on the edge of a chair, hands on knees.
- Inhale: gently arch your lower back, lifting your chest.
- Exhale: round your spine, tucking your chin and tailbone.
- 8 slow, flowing repetitions.

#### ◆ *Paula's Tip*

*Play soft music or nature sounds while you move. Your nervous system responds beautifully to sound.*

## DAY 3

# Yoga for Inner Calm

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Yoga reminds us that strength and softness can coexist. Today's poses are accessible for all levels and can be modified using a chair if needed. Always honour your body.

## 15-Minute Restorative Flow

### 1. Mountain Pose (Tadasana)

Stand tall or sit tall. Feel the ground beneath you. 3 deep breaths. This is your foundation.

### 2. Warrior II — Seated Version

Open your arms wide, one reaching forward, one back. Feel that sense of expansiveness. Hold for 5 breaths each side.

### 3. Supported Child's Pose

From hands and knees, sink your hips back toward your heels. Arms stretched forward or resting by your sides. Stay here for 1–2 minutes. Breathe deeply.

### 4. Legs Up the Wall

Lie on your back and rest your legs up against a wall or sofa. This gentle inversion calms the nervous system beautifully. Stay 3–5 minutes.

### 5. Savasana

Lie flat, arms by your side, palms up. Close your eyes. Simply receive the benefits of your practice. 2–5 minutes.

#### ◆ *Paula's Tip*

*Use a folded blanket under your knees in Savasana for extra comfort. You deserve to feel completely at ease.*

## DAY 4

# Mindfulness for Busy Days

You don't need an hour of silence to be mindful. Mindfulness is simply paying attention — to this breath, this cup of tea, this moment. Today we weave awareness into ordinary life.

## The 5-4-3-2-1 Grounding Technique

Use this any time you feel anxious or overwhelmed. It works anywhere — at your desk, on a walk, or even in a queue.

**5 things you can SEE:** Look around. Notice colour, shape, light.

**4 things you can TOUCH:** Feel your feet on the floor, your hands in your lap.

**3 things you can HEAR:** The breeze, birdsong, your own breathing.

**2 things you can SMELL:** Fresh air, your tea, a flower nearby.

**1 thing you can TASTE:** A sip of water. Savour it.

## Mini Meditations for Daily Life

- **The Mindful Cuppa:** Make your tea in silence. Feel the warmth of the mug. Smell the steam. Sip slowly.
- **The 1-Minute Reset:** Set a timer. Close your eyes. Count 10 slow breaths. Return refreshed.
- **Gratitude Pause:** Before each meal, name one thing you're grateful for. It rewires the brain.

### ◆ Paula's Tip

*Mindfulness isn't about clearing your mind — it's about noticing when it wanders and gently returning. You're already doing it right.*

## DAY 5

# Your Evening Wind-Down Ritual

A consistent evening ritual tells your nervous system: 'You are safe. You can rest now.' This is perhaps the most powerful stress-reset of all. Here is my personal favourite routine — adapt it to suit you.

## Paula's Wind-Down Ritual (30–45 minutes)

### 7:30 pm — Digital Sunset

Put your phone in another room. The news can wait. You cannot pour from an empty cup.

### 7:35 pm — Warm Shower or Bath

Add Epsom salts if you have them. Magnesium absorbed through the skin supports sleep and reduces muscle tension.

### 7:50 pm — Gentle Stretch

5 minutes of the Day 3 yoga poses. Focus especially on Legs Up the Wall.

### 8:00 pm — Journalling

3 prompts: What went well today? What am I letting go of? What do I look forward to tomorrow?

### 8:10 pm — Body Scan Meditation

Lie in bed. Starting at your feet, slowly scan upward, softening each body part as you go. If your mind wanders, that's okay — just return.

### Lights out

Sleep is the ultimate reset. You've earned it.

#### ◆ *Paula's Tip*

*Consistency matters more than perfection. Even 3 steps of this routine on a chaotic evening is a gift to yourself.*

**BONUS**

# Carry It Forward

You've completed your 5-Day Stress Reset — and I'm so proud of you. These five days are not the end; they're the beginning of a new relationship with your own wellbeing.

## Your Weekly Wellness Blueprint

Day	Practice	Time
Monday	4-7-8 Breathing (morning)	5 min
Tuesday	Gentle Pilates sequence	10 min
Wednesday	Restorative yoga flow	15 min
Thursday	5-4-3-2-1 grounding	5 min
Friday	Full wind-down ritual	40 min
Weekend	Rest, walk in nature, joy	Your choice

*"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow."*

## What's Next?

If you've enjoyed this guide and want to go deeper, I'd love to support you further. Visit [pauladenvir.com](http://pauladenvir.com) to explore my online Pilates, yoga, and meditation classes — all designed specifically for women over 50. You can also join our warm, supportive community and get weekly wellness tips straight to your inbox.

Ready to continue your journey?  
Visit [pauladenvir.com](http://pauladenvir.com) and take your first class free.

With love and gratitude,

**Paula Denvir**

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