15

tiny shifts that helped me feel more human again

BY @MIDLIFEMOSTLYCALM
(WHO'S LIVED IT — AND IS STILL FIGURING IT OUT)

1. Body: Be Kind to It

☐ Start each morning with a full glass of water before anything else

☐ Move for just 10 minutes a day, without guilt or pressure

☐ Track one small health symptom this week (sleep, mood, energy)

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2. Mind: Clear the Fog

- ☐ Write down 3 things crowding your head and cross one off

- ☐ Let go of the need to "remember everything"

- ☐ Turn off notifications for 1 hour and just be (no scrolling)

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3. Heart: Protect Your Energy

☐ Say no to something you usually say yes to out of obligation

☐ Schedule one thing this week that brings you joy

☐ Write a message to someone you love (even if you never send it)

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4. Space: Make it Lighter

☐ Declutter one drawer, shelf, or inbox — small wins count

☐ Add one calming thing to your environment (plant, scent, silence)

☐ Create a "slow corner" — a chair, blanket, book — just for quiet

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5. Life: Reclaim Control

- ☐ Plan your week with one non-negotiable rest day or slow evening

- ☐ Replace one scroll-session with a short walk, podcast, or sit

- ☐ Unfollow 5 accounts that make you feel inadequate or drained

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Hope this is helpful!

This isn't about doing everything. It's about doing something — and saving what helps for later.
You're allowed to change. You're allowed to rest. You're allowed to begin again, today.

Follow me on Instagram for real hints and tips from someone who's been there

Midlife, Mostly Calm

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