

# *A PEACEFUL RESET*



*A Busy Woman's Guide  
to  
a Stress-Free Life*



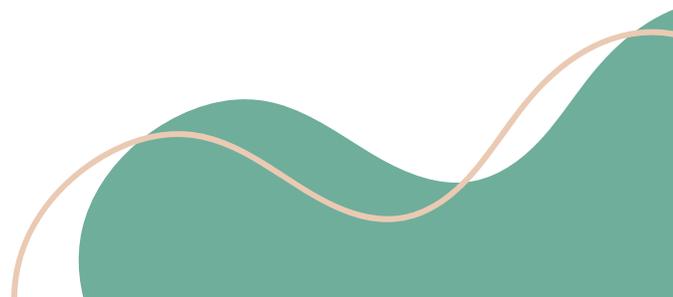
*By Susana Gonzalez*

# Disclaimer

The information provided in this book is intended for general informational and educational purposes only and it is not a substitute for professional medical advice, diagnosis, or treatment.

While the tips and strategies shared here are designed to promote a stress-free lifestyle and enhance overall well-being, they are not meant to replace the guidance of your healthcare provider. Always consult your physician or other licensed health professionals before starting any new health, wellness, or stress-management practices.

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# Table of Content

1- Introduction.

2. About the Author.

3- How stress impacts a woman's body & mind.

4 Take time for a calm reset: "B.R.E.A.T.H."

5- Track your "B.R.E.A.T.H." steps from the previous page here.

6- Some ideas to achieve a calmer, healthier and happier lifestyle.

7- Here are some other suggestions to help you make small changes.

8- Reflections.

9- Conclusion.

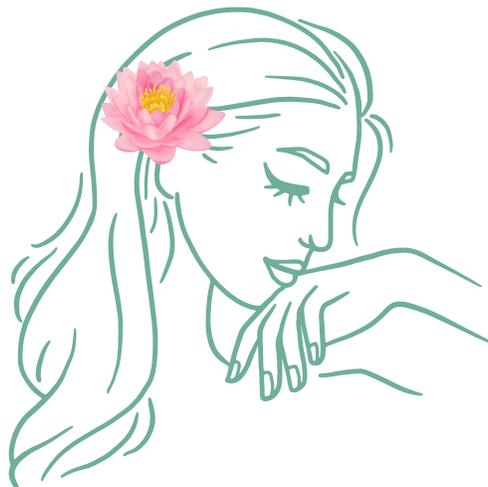
# Introduction

Dear Beautiful Woman,

If you are reading this guide, you are probably feeling tired, overwhelmed, or needing some help to manage your time and stress. Balancing work duties, motherhood, relationships, finances, and various daily tasks can often leave little room for personal time; however, it is essential to allocate space for self-care, relaxation, and engaging in activities that bring you joy.

This guide is not about expecting to make overnight transformation; it is about the small shifts and meaningful changes that can help you reset and be empowered to take control of your time, inner peace, and overall wellness. The goal is to use tools that help you feel calmer and enjoy a balanced life.

Are you ready for a reset?



# About the author

Susana Gonzalez, MBA, HC

Susana is a graduate with a Bachelor's degree in Psychology from St. Leo University and holds a Master's degree in Business Administration (MBA) from the University of Phoenix. She is also a graduate from the Institute of Integrative Nutrition where she completed the IIN Certified Professional Health Coach program, and the Coaching Intensive Practicum program approved by the National Board of Health & Wellness Coaches (NBHWC).

Susana has also completed a specialized training in *Anxiety and Stress Disorder* through Harvard Health Publishing, Harvard Medical School, further deepening her expertise in stress management and emotional wellness.

She is passionate about educating women on stress, emotional wellness, and holistic health. As a holistic health and wellness coach, Susana empowers busy women to make intentional, sustainable lifestyle changes that support lasting balance, renewed energy, and a healthier, more fulfilling life.



## How Stress Impacts A Woman's Body & Mind.

Stress is the body's response to situations of change or pressure. The way you react to stress has a great impact on your health and wellbeing. Long-term and high levels of stress can drain your energy and impact your emotions. Chronic stress affects your health in many ways. Here are some examples of how it triggers you physically, mentally and emotionally:

Sleep. - Cortisol and adrenaline hormones are released when you are stressed. These can keep you alert, therefore affecting your ability to be relaxed and fall asleep.

Emotional. - Stress can make you feel overwhelmed, irritable, over worried, unmotivated, and depressed.

Memory. - Stress affects the ability to concentrate and retain information; this is due to high cortisol levels which interferes with the ability to retain memory.

Digestion. – Some digestive problems caused by stress are heartburn, indigestion, Irritable Bowel Syndrome (IBS), inflammation, lack of appetite or craving foods that are high in sugar and unhealthy fats. Gut bacteria must be balanced for healthy digestion and proper immune function. During chronic stress, the amount of good gut bacteria reduces, and bad bacteria overgrow.

Hormonal imbalances. – Stress can affect the menstrual cycle, making it painful, and irregular. It can also decrease fertility.

healthy  
•BODY•  
healthy  
•LIFE•

## Take Time For A Calm Reset: “B.R.E.A.T.H”.

Often people believe that starting the day with a positive morning routine requires a long time; the reality is that you only need five intentional minutes to notice and feel the positive change.

B.R.E.A.T.H. steps:

- **B** – Breathe: One example of a breathing exercise is to close your eyes. inhale for 4 seconds, hold for 4 seconds, and exhale for 4 seconds. You can repeat this 3 times.
- **R** – Reflect: Take time to ask yourself what it is you need today, what do you want to do to be relaxed, yet have productive day.
- **E** – Energize: Morning stretching exercises are very important. You can go as gently as your body allows. You may continue with a physical exercise routine of your choice.
- **A** – Align: Speak out some affirmations. For example, "I start my day in peace and a positive attitude".
- **T** – Thankfulness: Name at least one thing you are grateful for.
- **H** – Hydrate: Adequate water intake help maintain hydration through the day. It supports the body by enhancing mental clarity, increasing energy levels, and helping vital organs function properly.



Track Your “**B.R.E.A.T.H.**” Steps From The Previous Page here.

	<b>B</b>	<b>R</b>	<b>E</b>	<b>A</b>	<b>T</b>	<b>H</b>	<b>WHAT WENT WELL THIS DAY?</b>
SUNDAY							
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							

## Some ideas To Achieve A Calmer, Healthier and Happier Lifestyle.

1. **Morning Start:** Begin your day with intention. Waking up 10 minutes earlier can help you start your day with ease and not feel like you are being rushed into your daily routine.
2. **Set Healthy Boundaries:** Learn to say a firm "no" with kindness. Setting healthy boundaries will help you avoid feeling overwhelmed and stressed out. Your time is valuable; protect it and give it the respect it deserves.
3. **Stay Nourished So You Can Thrive:** Eating healthy is very important for the support of your overall health. Choose the foods that contain the nutrients necessary to support your body and mind and give you energy; for example, leafy greens like spinach and kale; Omega-3s like salmon and sardines; and whole grains. It is also very important not to skip meals.
5. **Screen -Time Reset:** Practice some digital detoxification. Separate from screens and replace it with reading a book of your choice or doing some gratitude journaling. You can also write about what created stress in your day and what you would like to do to eliminate it. Identify what makes you feel calm and peaceful throughout your day and what you can do to put it into practice more often.
6. **Peaceful Night:** Create a nighttime routine that would allow you to wind-down from the day's busy schedule; for example: you may want to take a warm bath, set the room at a preferred temperature, and dim the lights as you prepare to enjoy a nice cup of tea.



Here are some other suggestions to help you make small changes.

- Throughout your day speak out the positive phrases and affirmations you started your morning with, for example, “Today, I choose to live a peaceful day”, or “I will let go of what no longer serves me and focus on what makes me feel joy”.
- Have a daily/weekly/monthly wellness plan. Here are some examples:
  - Create meal preps for the week.
  - Separate time for yourself – you can name it “Me-Time”.
  - Have a morning routine that will allow you to start your day in peace.
- Make daily or weekly reflections to identify how you feel about the changes you’ve been applying. For example, identify what has worked and what did not work for you this day, or this week; and think about what small changes can be made.





# Conclusion

Although you are a busy woman, probably juggling profession, motherhood, caring for others, you deserve to live your life peacefully and joyfully. Try to eliminate those things that cause you constant stress and embrace those that bring you peace.

As you begin your journey to a stress-free and balanced life, take a deep breath and remember that any small step will make a powerful difference. Always be kind to yourself, because....

***You are important!***

With peace, love, and care,

Susana Gonzalez  
Wellness Coach.  
Founder of New Life Health Coaching



If you feel called to take the next step, I invite you to book a complimentary Discovery Call to explore how my personalized wellness program can support your journey.

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*"Do not be anxious about anything but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God which surpasses all understanding will guard your hearts and your minds in Christ Jesus."*  
*Philippians 4:6-7*