



The Daily Regulation Menu™

Choose a few small practices that fit your life.

More is not necessarily better.



MORNING

- ☐ Get natural light soon after waking.
- ☐ Drink water and eat something nourishing.
- ☐ Stretch or walk for a few minutes.
- ☐ Begin before checking messages.



MIDDAY

- ☐ Step away from your screen.
- ☐ Eat without multitasking.
- ☐ Take a brief walk or movement break.
- ☐ Notice and release body tension.



AFTER STRESS

- ☐ Reduce noise and notifications.
- ☐ Ground through your feet or senses.
- ☐ Talk with someone supportive.
- ☐ Allow a short recovery pause.



EVENING

- ☐ Lower the lights.
- ☐ Set down unfinished tasks.
- ☐ Choose a calming sensory cue.
- ☐ Keep bedtime reasonably consistent.



MY DAILY THREE



Morning support: _____



Midday support: _____



Evening support: _____



GENTLE REMINDER

A supportive rhythm can be flexible. Missing a practice does not erase the care you have already given yourself.



Martine's Midlife Wellness Tip

Attach each practice to something you already do, such as making coffee, eating lunch or brushing your teeth.

