

ELIXAN

WOMEN'S HEALTH

# BETTER SLEEP LESS STRESS BUNDLE





# *moving forward*

## LONG TERM SUPPLEMENTATION



Long term, think about taking most supplements intuitively.

For Example:

Taking a multivitamin daily makes sense. But, after the initial 12 weeks products like Megamag Calmeze you may only need once or twice a week, or during high periods of stress, when you are feeling anxious or overwhelmed, can't switch off, or your sleep is worsening.

We appreciate most of us have to consider budget when making purchasing decisions. So, once you start to feel better, or after the initial 12 week period, here is an example of how to approach supplementation.

- 1 x multivitamin continue daily
- Megamag Calmeze 2-3 x per week (product will then last for 60 to 90 days)
- Magnesium Glycinate 1-2 daily (product will then last for 90 - 120 days)
- Adreset 1 x daily but 2 when feeling extra stressed (1 capsule daily the product will last for 60 days)
- Ashwagandha 1 x daily (product will last for 60 days)

## WEEKLY SLEEP PROGRESS

Sleep 1-5 (1 being poor, 5 being great)

Monitor for 12 weeks

Week 1

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 3

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 4

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 5

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 6

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Week 7

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Week 8

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 9

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 10

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 11

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 12

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## WEEKLY STRESS PROGRESS

Monitor for 12 weeks

Stress levels 1-5 (1 being low / good, 5 being high / bad)

	1	2	3	4	5
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<input type="checkbox"/> Week 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## WEEKLY ENERGY LEVELS

Monitor for 12 weeks

Energy levels 1-5 (1 being poor, 5 being great)

	1	2	3	4	5
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<input type="checkbox"/> Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Week 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# SETTING GOALS

Setting goals can be a great way to keep you on track and remind you why you are committed to your new lifestyle. Start with one sleep and relaxation goal, one exercise or activity goal, and 1-2 healthy eating goals.

And remember, it's perfectly normal for goals to change along the way so keep assessing your progress and creating new goals to keep things fresh!

**30 DAYS** .....

**ACTION PLAN**

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**60 DAYS** .....

**ACTION PLAN**

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**90 DAYS** .....

**ACTION PLAN**

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# PLANNING AHEAD

Planning ahead and scheduling parts of your day to your wellness can be really effective and fun. For example, Wednesday might be your day when you leave work on time, keep the laptop off in the evening, and spend time doing something you enjoy that is great for your wellbeing! And remember, if it's important to you, **schedule it and prioritise it if you have too!**



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## CHECKLIST IDEAS

### Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7-9 hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature

### Emotional activities for the week

- Journal
- Listen to favorite music
- Spend time with family/friends
- Practice meditation
- Do something fun



This checklist can be ideas that work for you so personalise them and aim to fulfil them all over the course of a week.

Print it and pin it up where you can see it daily and you will gradually find what works best for you.

Try noting down something once per week. Perhaps how you are feeling or sleeping, or something you achieved in the week that made you proud or you loved doing, or ideas for the coming week:-)

# notes

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