



WELLNESS THAT FITS

NOURISHING THE ANXIOUS BRAIN

5-DAY GENTLE RESET



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For women who are tired of pushing through and ready to feel supported.
You don't need to overhaul your life.
You don't need more discipline.
You just need the right signals of safety.

Hi, I'm Cassie, a dietitian and founder of Wellness That Fits, where I help high-achieving women with burnout, brain fog, stress, and inflammation optimize their energy, focus, and brain health so they can show up confidently every day and build their legacy.

No quick fixes or fads—just science-backed nutrition that fits real life.



I created this reset to help nourish your brain and energy first to create the the conditions for calm. Health can feel overwhelming when approached with an all-or-nothing mindset, but this guide wiull show you how to build healthy habits gradually—one manageable step at a time!





DAY 1: BREATHE BEFORE YOU EAT

SAFETY BEFORE NOURISHMENT

Before each meal or snack, pause for:

- 3–4 slow, deep breaths (box breathing)
- Inhale through the nose
- Exhale longer than you inhale

Why This Helps

Eating while stressed sends danger signals to the brain.

Breathing first tells your nervous system:

“I’m safe enough to digest.”

This can:

- Improve digestion
- Reduce blood sugar spikes
- Lessen anxiety, irritability, and brain fog later

Make It Real-Life Friendly

- Do it while food is heating up
- Invite your kids to join
- Pair it with prayer or gratitude

Win the day if you remember even once.





DAY 2: RETHINK CAFFEINE

STEADY ENERGY, NOT JITTERS

Today's Practice

- Keep 1–2 cups of coffee
- Swap one cup for green tea
- Have caffeine before noon to protect sleep

Why This Helps

Green tea contains L-theanine, which:

- Promotes calm focus
- Supports serotonin & dopamine
- Reduces the “wired but tired” feeling

This isn't about restriction—it's about balance.

Gentle Reminder

If coffee feels non-negotiable right now, that's okay.

Awareness alone is progress.





DAY 3: FEED YOUR BRAIN OMEGA-3S

SUPPORT YOUR BRAIN

Today's Practice

Add one omega-3 rich food today.

Easy options:

- Salmon (fresh, frozen, or canned)
- Tuna packet
- Sardines
- Chia seeds or ground flax
- Walnuts

No cooking masterpieces required.

Why This Helps

Omega-3s:

- Support brain cell communication
- Reduce inflammation
- Help the brain respond less reactively to stress

Think of this as giving your brain better building blocks.





DAY 4: EAT THE RAINBOW

VARIETY = NERVOUS SYSTEM SUPPORT

Today's Practice

Add color and plant diversity to your day:

- Aim for 3–5 different colors
- Fresh, frozen, canned—all count

Examples:

- Blueberries
- Spinach
- Bell peppers
- Sweet potatoes
- Beans or lentils
- Herbs or spices

Why This Helps

Plant fiber feeds gut bacteria that:

- Produce mood-supporting compounds
- Reduce inflammation
- Improve stress tolerance

More variety = more support.

No elimination. Just addition.





DAY 5: BUILD A CALM PLATE

BLOOD SUGAR BALANCE = NERVOUS SYSTEM CALM

Today's Practice

Create one balanced Calm Plate:

- ✓ Protein – steadiness
- ✓ Fiber-rich carbs – gut & brain support
- ✓ Healthy fat – safety signals
- ✓ Color (plants) – nutrients & antioxidants

Examples:

- Chicken + quinoa + olive oil + roasted veggies
- Eggs + whole grain toast + avocado + spinach + side of berries
- Salmon + brown rice + tahini dressing + broccoli
- Plant-based protein powder + chia seeds + berries + kale + almond milk

Why This Helps

Balanced meals reduce:

- Blood sugar crashes
- Stress hormones
- Anxiety that “comes out of nowhere”

This is how nourishment becomes regulation.





CONTINUE YOUR MOMENTUM

WORK WITH CASSIE

If this challenge helped you see that your anxiety or overwhelm is biological, not personal, and you want:

- Personalized nutrition support
- Nervous system regulation strategies
- Sustainable routines that fit real life

BOOK A DISCOVERY CALL

Let's build a plan that supports your nervous system—not someone else's rules.

[Click here to Book your Free Call.](#)

