

FROM THE LAND OF CROWNS AND CHAOS

# The *Stress Less* Era

THIS ISN'T JUST A MIDLIFE GUIDE.  
IT'S YOUR REVIVAL.

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*They crowned us capable.  
Then handed us chaos.  
Welcome to the era where we  
reclaim calm—without  
losing our edge.*

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DISCOVER YOUR  
STRESS TYPE



CREATED BY NELEA R. LANE  
CERTIFIED MENTAL WELLNESS COACH

FROM THE LAND OF CROWNS AND CHAOS

# When *fine* stopped cutting it.

## BUT YOU KEPT GOING ANYWAY

Somewhere between your 30s and 50s, fine turned into survival mode.

By your 60s, you're ready to stage a full-blown revolt—against burnout, brain fog, and the belief that exhaustion is just part of being a woman in midlife.

You've carried the weight, managed the moods, kept the calendar, and held the whole house together.

Now it's your turn.  
To feel calm. Clear. Capable.  
To take your energy back—without guilt, grind, or another "just push through it" plan.

*You're allowed to rebuild without apologizing for how tired you are.*

## DISCOVER YOUR STRESS TYPE

See how your body is responding to stress and what helps it recover, rebuild, and restore balance.

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Let's be *honest*  
you've *earned a reset*

You've carried the late nights, the deadlines, the hormones, the mental load of all of it.

And lately?

Just getting through the day feels heavier than it should.

This isn't just stress.

This is your body waving a white flag—asking for balance. For relief. For the space to breathe again.

*Peace doesn't mean life got easier.  
It means you stopped carrying everything at once.*

DISCOVER YOUR STRESS TYPE

Get your personalized “calm it down plan.”

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FROM THE STRESS LESS ERA

—  
Can't even open a  
*bag of potato chips* without  
*breaking a sweat?*  
—

YOU MIGHT BE IN YOUR  
“DELICATE FLOWER WITH A  
BROKEN THERMOSTAT” ERA.

BECAUSE IF A BAG OF CHIPS BREAKS  
YOU... YOUR HORMONES MIGHT BE  
THROWING A TANTRUM.



@nelealane

FROM THE LAND OF CROWNS AND CHAOS

# The *calm* equation

Sip | Nourish | Move | Rest | Connect

You don't need another rigid routine.  
You need rhythms your body can trust again.

Here's how I build daily calm—without perfection, shame, or 17 steps before 7am.

## SIP

Start with water and electrolytes before caffeine or chaos.



Then mix up Happy Juice—my go-to for mood, motivation, and cortisol support.

Want to flood your cells with vitamins too?

Add Sunrise to nourish with superfoods your body can actually absorb.



This stack is what I reach for when I feel the spiral starting. It shifts things fast—and gently.

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## FROM THE LAND OF CROWNS AND CHAOS

### Nourish

I say yes to smoothies. Protein, fiber, healthy fats... it's not about being "good," it's about staying steady.

This keeps blood sugar balanced, cravings tamed, and hormones less dramatic. (Also, *fewer pantry raids at 3pm.*)

### Move

Gentle movement isn't punishment—it's permission. Stretch. Walk. Dance. Shake the stress out.

This isn't about "fitness goals." It's about reminding your body it's *safe*.

### Rest

Your hormones need a bedtime. Screens off. Lights low. And if your mind won't power down?

Sleep+ is a non-melatonin support I use when I need deeper rest without grogginess.

### Connect

Laughter with women who get it? That's medicine. So is feeding your nervous system with the nutrients it's begging for.

Mood+ helps me show up as a human—not a hormonal landmine.

“You can't pour from an empty cup,  
but you can refill it, one sip at a time.

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# Why *stress feels stuck* and how to *unstick it*

## Why Stress Feels Stuck

Your body doesn't just feel stress. It stores it.

When cortisol stays high too long, your gut-brain communication slows. Serotonin drops.

Your system forgets how to switch from survive mode to revive mode.

That's why—even on a “good day”—you might still feel foggy, flat, or off.

## How to “Unstick” It

When you support your gut-brain axis, your body remembers.

- Serotonin rises.
- Inflammation quiets.
- Your nervous system stops bracing for the next meltdown.

This is the difference between pushing through and finally feeling peace again.

“You can’t pour from an empty cup,  
but you can refill it, one sip at a time.

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FROM THE STRESS LESS ERA

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My mood *is stable*  
*until* it isn't

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THEN, IT'S ANYONE'S GUESS  
WHAT HAPPENS NEXT

SOUND FAMILIAR?  
THAT'S NOT JUST YOUR MOOD BEING MOODY.  
THAT'S YOUR **GUT-BRAIN AXIS** WAIVING A FLARE.



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# The *daily* *calm*

## Not a routine | a rhythm

The Stress Less Era isn't about rigid morning routines or 25-step checklists.

It's about rhythms that work with your hormones, your life, and your actual energy.

### Morning Calm

Start with hydration and gut-brain support.

- Electro balances minerals and kicks dehydration fatigue
- Happy Juice supports mood, focus, and calm energy
- Sunrise floods your system with superfoods and vitamins you can actually absorb

### Afternoon Focus

This is when the crash hits—or the snack attacks start.

- Energy+ offers clean, focused energy without the cortisol spike
- Mood+ helps hold steady when the day gets loud

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## Evening Reset

Wind down. Power off. Re-regulate.

- Herbal tea to soothe the senses
- Sleep+ supports deep rest without melatonin hangovers
- Bonus: Restore helps rebuild your gut lining + calm cortisol at night

*You don't need a perfect day. Just one that supports your nervous system.*

## Evening Reset

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### Tip: Keep it flexible

Some days are a full stack. Other days? Just a sip and a walk.

That's the point—it's a rhythm, not a rulebook.

Want to try this rhythm for yourself?

Discover your Stress Type for a customized calm plan.

FROM THE STRESS LESS ERA

—  
*coffee* can't fix  
*cortisol* but we keep  
testing the *theory*  
—

STILL WAITING ON  
PEER REVIEW

F CAFFEINE'S NOT CUTTING IT ANYMORE...  
LET'S REBUILD YOUR ENERGY FROM THE  
INSIDE OUT.



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FROM THE LAND OF CROWNS AND CHAOS

# Meet *nelea lane*

Certified Mental Wellness Coach  
Founder, *The Stress Less Era*



After years of helping women navigate burnout, hormone chaos, and the “I don’t feel like myself” fog, I’ve learned this:

*You don’t need to overhaul your life to feel better.  
You just need to work with your body’s natural rhythm.*

The Stress Less Era was born from my own breaking point—exhaustion, grief, injury, gut chaos, and the lie that “busy equals better.”

I did what most women do:  
Pushed through. Smiled anyway. Paid for it later.  
Now, I help women rebuild calm from the inside out  
— with gut-brain wellness, mentorship, and a healthy dose of humor.

Because here’s the truth no one told us:  
*Calm isn’t a luxury. It’s a strategy for everything that matters.*

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# Your *next steps*

SHOP THE  
CALM STACK



Ready to start feeling your best again?  
Explore the products featured in this guide:  
Happy Juice, Sunrise, Energy+, Mood+, and Sleep+

- Save \$10 off your first order
- Save 10% more with Subscribe & Save
- Earn points toward free products

*Not sure where to start?*

Message me and I'll build a cart for your stress type—with my promo code already applied.

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