

FROM THE LAND OF CROWNS AND CHAOS

The *Stress Less* Era

A MIDLIFE SURVIVAL
(AND REVIVAL) GUIDE

*Because you've done
enough surviving.
It's time to feel good again.*



CREATED BY NELEA R. LANE
CERTIFIED MENTAL WELLNESS COACH

FROM THE LAND OF CROWNS AND CHAOS

When *fine* stopped cutting it.

Somewhere between your 30s and 50s, fine stopped cutting it.

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

Year after year, you're holding it all together.

Now it's time to feel good again... calm, capable, and back in control of your energy.

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

TAKE THE STRESS RESET QUIZ

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 handled the late nights, the deadlines, the hormones, and the mental load of everything.

But lately, "getting through the day" feels harder than it should.

This isn't just stress...

it's your body asking for balance... for the space to breathe again.

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

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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.



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FROM THE LAND OF CROWNS AND CHAOS

The *calm* *equation*

Sip | Nourish | Move | Rest | Connect

Sip

Rehydrate first thing in the morning with electrolytes. Your body needs to rehydrate before it can handle caffeine or chaos.

Then mix up Happy Juice — your daily gut-brain support for mood, motivation, and balanced cortisol.

Need vitamins? Add Sunrise, which floods your body with superfoods, vitamins, and nutrients to nourish and support your system. Because it's in a liquid form, your body absorbs it quickly and puts it to work right where it's needed most.

Nourish

Yes, embrace the smoothie. A meal-replacement smoothie with protein, healthy fat, and fiber keeps you full longer, stabilizes blood sugar, and tames cravings... so you stay fuller longer and hormones stay happy too.

Move

Gentle movement isn't punishment: it's communication. Stretch, walk, or dance to remind your body it's *safe, not stressed*.

Rest

Even your hormones need a bedtime. Screens off, lights low, and rituals that tell your nervous system it's safe to power down.

Connect

Laughter with women who understand is medicine... and so is feeding your brain nutrients that lift mood (hello, Mood+).

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

FROM THE LAND OF CROWNS AND CHAOS

Why *stress feels stuck* and how to *unstuck it*

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

When cortisol stays high...
your gut-brain communication slows,
serotonin dips, and your body forgets how to
switch from survive to revive.

That's why even on a "good" day, you might
feel tired, foggy, or just off.

When you nourish the gut and calm the
stress response, your body finally remembers
how to rest, digest, and recover.

YOUR PERSONALIZED CALM PLAN

Scan to take the Stress Reset Quiz and
discover your body's stress signals and
what helps you rebalance.



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FROM THE STRESS LESS ERA

My mood *is stable*
until it isn't

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



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The *daily* *calm*

Not a routine | a rhythm

The Stress Less Era isn't about strict daily routines that feel like punishment.

It's about rhythms that actually feel good to live with.

Morning Calm

Start your day with hydration, gut support, and natural nourishment. Electro keeps your body balanced, Happy Juice supports mood and focus, and Sunrise floods your system with superfoods and vitamins your body can actually use for energy that feels clean, calm, and steady.

Afternoon Focus

Energy+ provides clean, calm energy and sharper focus without the crash (and the junk ingredients.)

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Evening Reset

Herbal tea and Sleep+ help you unwind naturally, support deep rest, and let your nervous system reset overnight.

*“You don’t need to do everything right.
Just do what feels right for your body.”*

When you give your body what it truly needs (hydration, nourishment, movement, rest, and connection), it remembers how to support you in return.

The Stress Less Era isn’t about perfection or rigid habits. It’s about building calm into the small moments until it becomes your natural rhythm.

FROM THE STRESS LESS ERA

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

STILL WAITING ON
PEER REVIEW



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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 “I don’t feel like myself” seasons, I’ve learned this:

You don’t need to overhaul your life to feel better... you just need to support your body’s natural rhythm.

The Stress Less Era was born from my own story: recovering from exhaustion, grief, injury, digestive disruptions, and the illusion that busier means better.

Now, I help women rebuild calm from the inside out through gut-brain wellness, mentorship, and humor that keeps us all sane. I’ve learned that calm isn’t a luxury — it’s a strategy for everything that matters.

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FROM THE LAND OF CROWNS AND CHAOS

Your *next steps*



TAKE THE STRESS RESET QUIZ

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



SHOP AND SAVE \$10

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

Save an additional 10% with Subscribe &
Save and earn points toward free products.

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