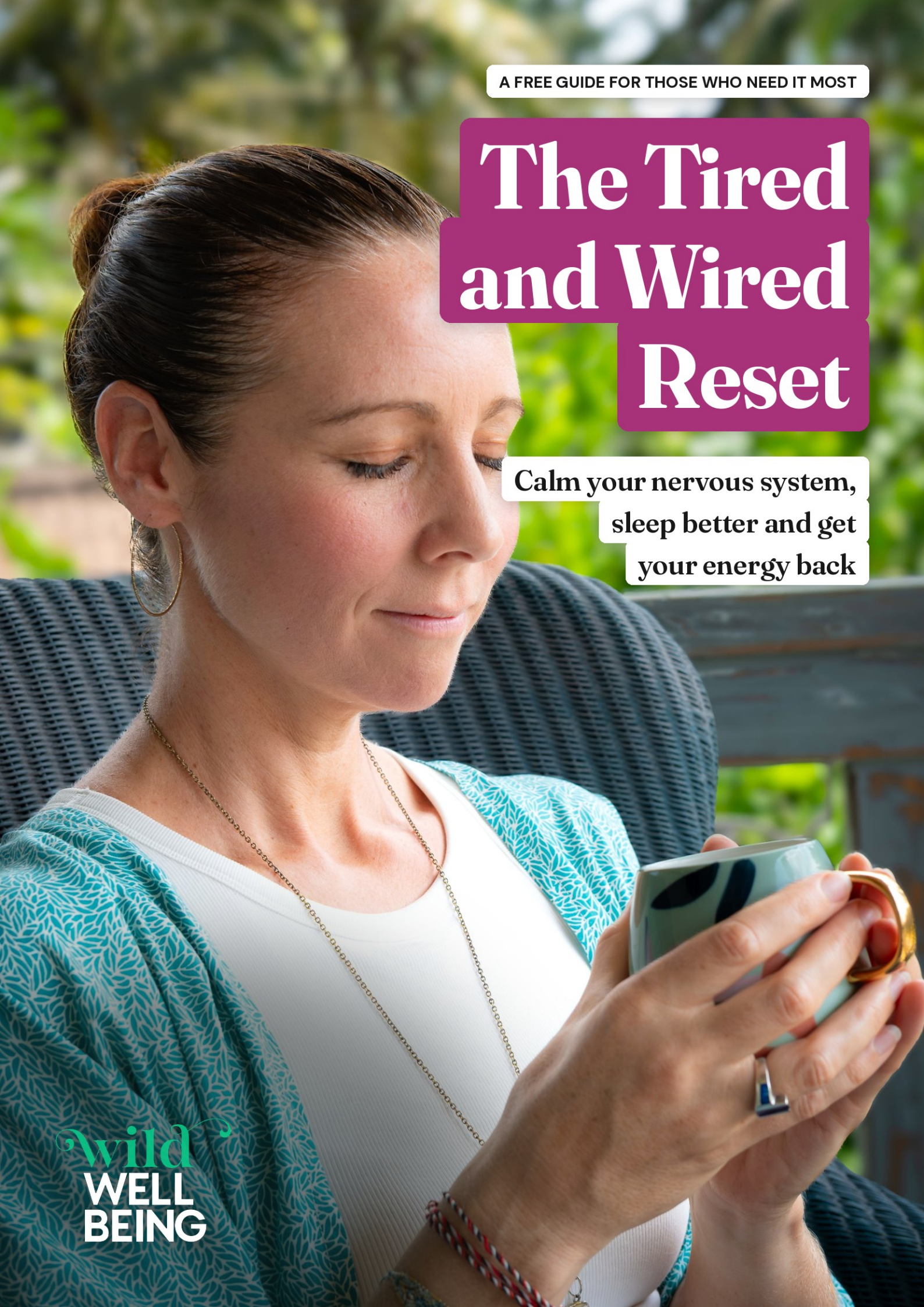


A FREE GUIDE FOR THOSE WHO NEED IT MOST

The Tired and Wired Reset

Calm your nervous system, sleep better and get your energy back

wild WELL BEING



Hi, I'm Kerry

Naturopathic Nutritionist, mum of two teens and founder of Wild Well Being.

Tired and wired was my normal state for years, before I realised just how unwell I felt. Running three businesses, raising two small children and grieving my Dad meant I was exhausted all day and awake and anxious at night. Some days I felt as though I wasn't even breathing fully. My nervous system was stuck in overdrive and I couldn't switch it off.

The breakthrough came when I decided to take responsibility for the condition I was in and to make some small, steady changes.

So I did. I changed what I ate and how I prepared for sleep. I gave my body the self-care it was crying out for. Done consistently every day, these changes left me stronger, with more energy and my whole body back in balance.

Now I want to share these tips with you. I wish someone had given me this shortcut back then. They're all simple ideas and if you do them regularly, you can start to notice the difference.

Kerry Flanagan, Naturopathic Nutritionist

What tired and wired really means

Have you ever felt exhausted, yet unable to switch off? Even at bedtime, when you should be crashing out as soon as your head hits the pillow?



Your nervous system has two settings: the sympathetic and the parasympathetic. One gets you moving, in fight or flight and ready for action. The other lets you rest, digest and repair. We need both working together in balance. The trouble starts when you're stuck in the first one and can't seem to make the switch.

In the fast-moving world we live in, it's easy for stress hormones to stay high. We grab food on the go, our blood sugar swings, our phones keep us constantly stimulated, our sleep gets lighter and our digestion is disrupted. Before we know it, we're running on caffeine and sugar to get through the day, which keeps the whole cycle turning.

Sound familiar?

- ✓ Exhausted all day, buzzing at night
- ✓ Waking at 3am with a racing mind
- ✓ Needing coffee to start and sugar to keep going
- ✓ Snappy, anxious or close to tears over small things
- ✓ Bloating or an unsettled gut, especially when stressed
- ✓ Brain fog and forgetting things
- ✓ Feeling like you never fully rest, even when you do get a full night's sleep

The good news? Your body hasn't forgotten how to rest. It just needs reminding. That's what this guide is for.

Three places to look

These systems match your quiz result. Most people find more than one rings true because they are all connected.

#1 Your nervous system

When you've been running on stress for years, your body forgets how to switch off. That can show up as poor sleep, a racing mind, anxiety and feeling tired but wired. Calming it is often the first step, because everything else works better once you feel safe enough to rest.

#2 Your gut

Your gut and brain talk to each other all day. Stress slows digestion, upsets your gut bacteria and can leave you bloated, craving sugar and low in mood. When your gut is supported, your energy, mood and sleep cycle can stay steady too.

#3 Your hormones

In your 40s, your hormones start to shift. Stress hormones compete with the ones that help you sleep, stay calm and feel like yourself. Your gut, liver and blood sugar all play a part in how smoothly those changes go. That's why sleep, skin, mood, focus and periods can all feel harder at once.

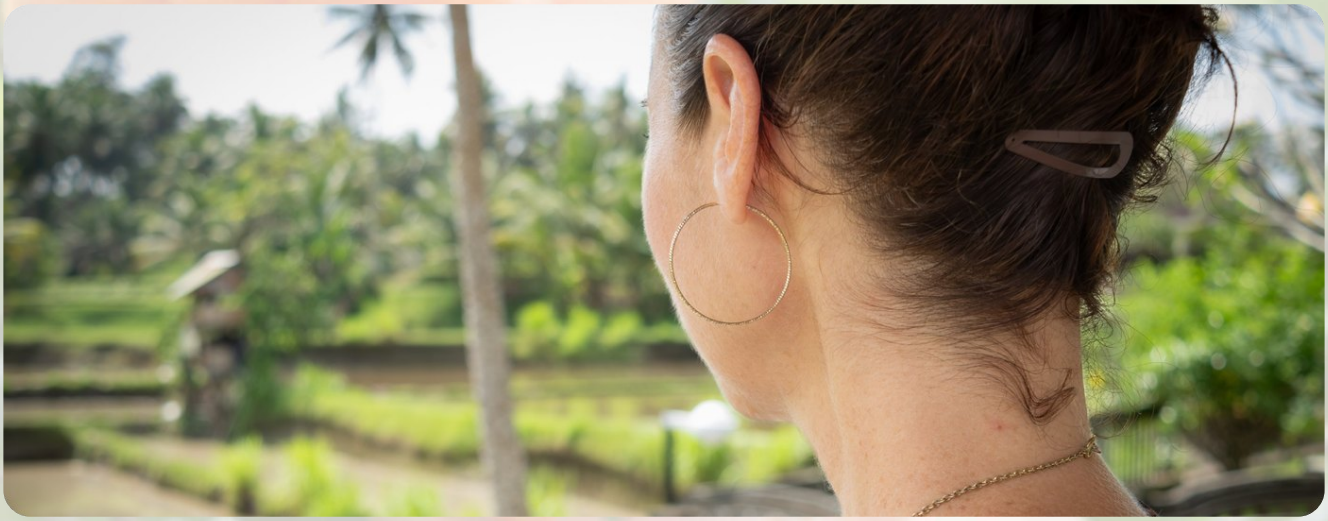
There can be many reasons behind how you feel. This guide gives you a starting point, not a diagnosis.



Your reset: start this week

Don't try all of these at once. Pick two or three, do them every day for a week, then add more if you're feeling confident.

Track your progress. Before you start, write down your energy each day out of 10, with any symptoms you notice. Then do the same again 2–3 weeks later and compare. Small changes are much easier to see on paper. **Your tracker is on page 8.**



Morning



- ✓ **Daylight first.** Get outside within an hour of waking, even for ten minutes. Morning light helps set your body clock, so you feel more awake by day and sleepier at night.
- ✓ **Swap coffee for a herbal tea first thing.** Try a soothing ginger and lemon tea when you first wake, then breakfast before your first coffee. Ginger is perfect to warm your digestive system. Even better, swap coffee for cacao or a turmeric latte.
- ✓ **Protein at breakfast.** Eggs, Greek or coconut yoghurt with berries and seeds, or nut butter on seeded toast. Protein keeps your blood sugar steady, so you avoid the 11am crash.
- ✓ **Three slow breaths** before you pick up your phone.

Throughout the day

- ✓ **Eat regularly.** Skipping meals can send stress hormones up. Aim for three proper meals a day and a protein snack if you need one.
- ✓ **Sit down to eat.** One meal a day with no phone, chewing slowly. Your body digests best when it feels calm.
- ✓ **Move gently.** A walk, a swim or some stretching. When you're tired and wired, gentle movement often helps more than hard workouts, which keep cortisol pumping.
- ✓ **Get out in nature.** Take your shoes off and stand with your bare feet on the grass, sand or earth for a few minutes. It's one of the simplest ways to recharge.
- ✓ **Plenty of water.** Drink 2+ litres a day. Add lemon and a pinch of salt for extra hydration.
- ✓ **One thing just for you.** Put it in your diary and keep it, like any other appointment.

Evening

- ✓ **Caffeine before midday,** so it's out of your system by bedtime.
- ✓ **A lighter, earlier dinner** with vegetables, protein and some slow carbs like sweet potato, rice or oats. These can help you sleep.
- ✓ **Dim the lights** and put screens away an hour before bed, ideally even earlier.
- ✓ **Wind down your way:** a warm bath with magnesium salts, stretching, reading or writing down what's on your mind.
- ✓ **Same bedtime most nights,** even at weekends.

> "Use a free app such as Insight Timer for a short breathwork meditation before drifting off to sleep."

— KERRY'S TIP

A calming day of eating

An example, not a plan to follow perfectly. The aim is steady blood sugar, plenty of plants and food that helps your body feel safe enough to rest.



BREAKFAST



LUNCH



DINNER

When	Idea	Why it helps
Breakfast	Eggs with spinach, mushrooms, tomatoes and avocado, or a veggie frittata	Protein and healthy fats keep energy steady all morning
Lunch	A warming vegetable soup with seeds, or a big salad or bowl with chickpeas or salmon, leafy greens and olive oil	Fibre and healthy fats feed your gut and keep you full
Afternoon snack	Apple with almond butter, or hummus with carrot sticks	Stops the 4pm dip and the sugar cravings that follow
Dinner	A warming one-pot of chicken or tofu with greens and vegetables, served with brown rice and topped with seeds and herbs	Slow carbs in the evening can support sleep
Before bed	Chamomile or passionflower tea	A calming ritual that tells your body it's time to rest

Recipes for some of these are in my free Nourish guide.

Your progress tracker

Score your energy each day out of 10 and jot down any symptoms: sleep, mood, cravings, bloating, headaches. Fill in Week 1 before you start, then Week 3 to see what's changed.

Day	Week 1 energy /10	Week 1 symptoms	Week 3 energy /10	Week 3 symptoms
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

What I'm trying this week: _____

What I noticed: _____



Easy swaps

One swap a week is plenty. Let it become a habit before you add the next.



INSTEAD OF...



TRY...

Instead of...	Try...
Coffee on an empty stomach	Herbal tea first, coffee after breakfast
A third or fourth coffee	Herbal tea, cacao or a turmeric latte
Biscuits at 4pm	A handful of nuts and a piece of fruit
Skipping lunch	A quick protein-rich bowl or leftovers
Scrolling in bed	A book, stretching or writing down tomorrow's to-dos
Wine to unwind	A warm bath, a walk or a calming herbal tea
Saying yes to everything	Saying no to one thing this week

When to get more help

See your GP first if you have

Chest pain or palpitations, symptoms that are new or getting worse, very heavy or painful periods, sudden weight changes, or low mood that won't lift. Natural therapies support conventional medical care and don't replace it.

When small changes aren't enough

These steps are a start and for many people they make a real difference. Everybody is different though and if you've been tired and wired for years, there's usually more going on underneath: your gut, your hormones, deficiencies, or the stress you've been carrying for too long.

That's where I can help. In a Wild Start consultation, we spend two hours on you: your health history, symptoms and lifestyle. You leave with a personal plan and a clear way to measure your progress.



It's your time to rewild

Start small. Pick one thing from this guide and do it every day this week. Notice how you sleep, how you feel at 4pm, how you wake up. Small changes add up.

I'd love to hear how you get on. Come and say hello on Instagram and share this guide with someone who needs it.

Want help going further? We'll talk about where you are and what you want to change. No pressure. Just a conversation.

Book a free 15–20 minute discovery call

Instagram · @wild.well.being · wildwellbeing.co

This guide is for educational purposes only and doesn't replace medical advice. Always see your GP about new or worsening symptoms and check with a qualified practitioner before starting supplements. Wild Well Being is a trading name of Sovereign Soul Global LLC, Delaware, USA.