

NOURISHED
NM
MAMA



building a beautiful
evening routine

MODULE FOUR | WEEK FOUR

Before we get into anything today I just want to say *you are amazing!*

Most people never get this far. They never make the changes that they know they need to make.

Instead they stay in their bubble and choose to move through life feeling blah and unhappy and continuing to stay in the same place. But not you! You're choosing to make the changes and put in the effort and I am so damn proud of you for that!

So take a moment to be so proud of yourself for getting this far and grateful for the opportunity to learn, to grow, to have the time to read this course and the energy and drive to make the changes.

Be grateful for your beautiful body, for your health, for your family, your home and all the good in your life. Breathe that all in and sit with that for as long as you need before we move into your final module.

And remember you are amazing, you are strong, you are capable and you've got this!

**Good morning
and *welcome to Week 4.***

Can you believe it! You have almost completed a whole month of looking after yourself, tuning in, and prioritising your self-care. So how do you feel?

I hope the answer is lighter, happier, more balanced and more nourished. I hope that you have created some lasting habits, that you're getting into the routine of showing up for yourself each day and that your energy, mood, and vitality are at an all-time high right now.

However, if that's not the case I have to ask are you doing your best to prioritise these rituals and routines each day? I know it's SO hard with little ones. I'm right here with you doing it as well, so I definitely know the juggle. But let me tell you it does get easier the more you make these rituals and routines part of your day.

I've shared everything I can to help you feel your healthiest, most nourished, and balanced, but now it's up to you. You have to show up each day, put in the work, and then do it again tomorrow. You're the only one that can prioritise yourself and make these rituals a daily non-negotiable for you.

This is a lifestyle. It's not something you'll be perfect at every single day. I know I'm not. But if you asked me if I prioritise my health, wellness and self care each day the answer would be yes for the most part I do.

**So let me ask you the same questions...
are you prioritising your health, wellness
and self care each day?**



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last week's *main points*

- Focus on building lasting habits, not short-term changes.
- Remember to take it slow and add in what makes you feel really good. Use that as your guide each day.
- Come back to your foundational foods each day such as fresh fruit, leafy greens, vegetables, legumes, whole grains, nuts, and seeds
- Add a few Glow Boosters foods into your day each day and see if you notice any changes to your energy, mood, and focus.
- Be aware of the habits that are holding you back and start adding in more positive habits that make you feel great and help you achieve your goals
- Habit stack your daily habits for more success and tick off a bunch of habits at a set time each day.
- Commit to sticking to one or two habits for the next two weeks and make sure you tick them off no matter what. This is the key to creating lasting habits.
- Start building a mid-day reset that works for you and brings you into balance and feeling your best. Add in a few key rituals that you love and when you're needing a little boost in the day come back to them.

I suggest you make a list of the points from last week that you didn't get to and then you can build from there this week.

**So go get yourself a beautiful hot drink,
get cosy and let's *get into it*.**

Renee x

your nourished mama *wind-down routine*

A beautiful bedtime wind-down routine is essential for us busy mamas who go, go, go all day long and by the time the little ones are in bed we're exhausted and ready to crash. Sound about right? Well this is where a restorative evening routine can come in.

Think of it like your 'you time', when the house is quiet and you can think, you can tune in, you can add in some goodness and nourishment and you can focus on yourself. How amazing does that sound? Everything can be done mindfully and slowly which let's be honest is the opposite of how the day normally goes.

This is your chance to get clear on what you love doing for yourself, what makes you feel your absolute best, and then find a way to add it in.

This week is all about creating the most nourishing evening routine that restores, pampers, and calms you at the end of the day. I want this routine to make you feel amazing and I want you to look forward to it every single day.

**So start daydreaming.
Get super clear on how
you would love your
evenings wind down
to go and now
*let's make it happen.***

i want you to fill out the questions below....

My perfect weekday wind-down routine looks like?

My perfect weekend wind-down routine looks like?

The routines and rituals that I know my body needs the most in the evenings are....



prioritise your *sleep*

Everything is harder when you're sleep-deprived, but I'm sure I don't have to tell you that!

Sleep is crucial for our health. It's when our bodies rest, regenerate and recharge. So please be mindful of getting into bed early (ideally before 10 pm) so you can get your 6-8 hours rest a night. This is especially important if your little ones wake you during the night (mine do at least a few times a week). On those nights (or stages of life) keep your evening routine short and sweet and get into bed early so your body can rest and restore while you sleep. This will help your energy the next day, will reduce your stress levels, ensure you're immune system isn't suffering, and will allow you to have a little extra kick in your step the next day to pick up the rituals you want to add in.

NOTE: If I've had a few nights of poor sleep my evening routine normally just involves a few minutes of prep for breakfast and then straight into bed for a 5-10 minute meditation and lights out. I still make time to nourish myself but I don't spend longer than 20 minutes as I know that more sleep is always going to be better and I can add in more of my self-care rituals the next day.



building your perfect wind-down routine

Now that you're clear on how you would like your evening to go let's get into some of the incredible rituals and routines that you can start adding in and why they're amazing for your body and mind. All of the ones I share below are ones that I use and have in my wellness tool kit. I mix and match depending on my mood and the season, but I always come back to them and I hope you do the same.

First....Dim all the lights and turn off any screens

If you want to calm your body, slow down your heart rate, truly relax and unwind so you have a beautiful sleep then you need to prepare your body for sleep. The best way to do this is to give your body a signal such as dimming all the lights in the house as well as not using your phone, computer, or watching TV ideally 2 hours before bed.

I'm great at doing this an hour before bed but am yet to reach the 2-hour mark as I get all my work done at night. You have to do what works for you so find a time that you can commit to, mine is 9.30 pm, and I stick with it. Your body will get into the habit of starting to wind down at this time which will make it so much easier to get into a deep sleep and truly relax before bed.

Busy Mama Tip: Set an alarm on your phone for 9-9.30 pm each night to remind you to start winding down and getting ready for sleep. You could even have your alarm set to - "Self-Care Mode" so you're reminded every night when the alarm goes off.

Whatever works for you and gets you to put your phone away, turn off the tv and start moving into self-care mode

a productive day starts *the night before*

I talked a little about this in Week 2 where I started getting you to spend a few minutes each night preparing for the day ahead. I encouraged you to start making your bircher, choosing a workout or meditation, tidying the house, and doing all the things that make your mornings run smoother.

So how have you been going with it?

I find this one a little hard to tick off each night but I know that when I do it, even if it's just 5 minutes that it makes the biggest difference to my mornings. I love to put the dishes in the dishwasher and turn it on, make my bircher so it's soaking, sometimes wash and chop veggies for my green juice, and even get out the juicer so it's all ready to go.

I also tidy up all the kids toys so its not chaos as soon as the day starts and I try to put away any clothes or shoes that have been left out. Basically I do a 5-10 minute house tidy so that the mornings are so much more relaxing.

I love listening to a podcast while I do this or one of the Super Human evening meditations as it's super relaxing and helps me to slow down my thoughts and start to get ready to relax.

I want you to spend a few minutes thinking about what you could do tonight that would help you get ready for the morning. Then write it down.



nourishment

The end of the day is also the perfect time to nourish your body before bed. I don't recommend having a large snack as this will cause your body to focus on digesting rather than restoring, but I do recomend one of my relaxing elixirs or a peppermint tea with a piece of dark chocolate.

This is also a great time to get in your greens powder if you didn't manage to tick off 3-5 serves of greens in the day as well as any of your vitamins. I went into all of this in Week 1 so have a read over that section if you want more specifics on nourishment and what to end the day with.

Glow Boosters for a Restorative Sleep

Reishi - This incredible mushrrom is great at calming and healing the body which is what makes it perfect to add to your evening elixir to help with sleep. 1/2 - 1 tsp is perfect.

Ashwagandha - I am in love with this herb and recomend anyone struggling with poor sleep to start adding this into their wind down routine. You dont need a lot, 1/4 tsp is enough, and it will help your body to relax and have a deeper sleep.

Take it to the *next level*

If you want to take your nourishment and wellness to the next level then I recommend giving your body a gentle 12-14 hour fast.

This allows your body time to heal and repair while you sleep instead of spending all that time digesting your food. Pick a time of night that you stop eating (perhaps 8 pm) and then don't eat again until 8-9 am the next morning or even later.

Some of the benefits of doing this are;

- Improved skin
- Better digestion
- More energy
- Weight Loss
- Fewer food cravings
- Less brain fog

Give it a go and see if you notice any changes. I love doing this type of gentle body reset in Summer where I like to eat earlier and I find I'm naturally not as hungry in the mornings and can go longer without food.

When you do break your fast in the mornings do it with celery juice or green juice and some raw fruit like melon or berries which are very easy to digest and so you get all that goodness right away with lots of hydration.

This is not about deprivation but instead about allowing your body the time to heal and repair so you can show up as your most nourished, healthiest self.



self-care *wind down rituals*

This time is all about self-care and self love, a little pampering, and getting you ready for a beautiful sleep.

oil *massage*

If I didn't manage to fit in an oil massage in the morning and I had a super busy day then I love to spend five minutes doing a warm oil massage with coconut oil. I try to take more time than I would in the mornings as this is all about relaxation, pampering, self-care, and soothing your nervous system. I start at my head and even put a little oil on my ears and then move down my body to my feet. It only takes 5 minutes but it's so calming and always helps me to have the best sleep.

lymphatic *massage*

If you've been adding in the dry body brush in the morning then you're going to love this new addition to your evening routine and a whole new tool to add to your beauty/wellness kit. It's called a lymphatic gua sha and you use it on your body to help stimulate your lymphatic system and remove toxins. It's best done before the shower or bath and you can do it night or day. I love dry brushing in the morning and then using this at night.

HOW TO: First apply oil to your body the start at the bottom of your feet and move the paddle up towards your heart in stroking actions. Go over the same area 3-5 times and keep moving towards the heart. You want to feel it but not enough that it hurts.

Other ways that help stimulate the lymphatic system and remove toxins from your body are Gua Sha, face rollers, infrared sauna, dry body brush, legs up the wall, exercise, and jumping on a trampoline.

hot *shower*

I will then have a super-hot shower (like a piping hot shower). Hot showers can be the perfect mini meditation and chance to go over the day and check-in. It's also super relaxing and a great way to lower your stress and get your body ready for sleep.

Don't rush this. Find a beautiful soap to use, apply a hair mask, cleanse your skin and exfoliate. Focus on pampering and treating yourself after a busy day.

weekend *tip*

On the weekends I do part of my night routine (the oil massage, lymphatic paddle, and hot shower) while Matt baths the kids. He's normally home late during the week so this is my chance to relax and have a little time off on the weekends before the bedtime chaos kicks off. I love this routine so much and highly recommend you try implementing it into your weekends as well if you can.

epsom *bath*

If it's just been one of those days I love to run a hot bath once the kids are asleep. I add a cup of Epsom bath salts which are incredible for detoxing and relaxing your body. This is my ultimate self-care ritual. It calms me completely and feels so special and nourishing especially if I have a good book or podcast and a yummy drink.

HOW TO: Add 1 cup of Epsom bath salts to your bath and soak in it for up to 20 minutes. NO longer as your body will start to absorb the toxins back into your body which we definitely don't want.

I also love adding a few drops of lavender essential oil to my bath along with the Epsom salts. You only need a few drops to help you relax and unwind. Make sure the essential oils are organic and natural.



my evening skin care and beauty routine

- 1. Cleanse** - I use Emma Lewisham Oil Cleanser
- 2. Exfoliate (2-3 x a week)** - I use Emma Lewisham Exfoliator
- 3. Oil** - I then apply Emma Lewisham Supernatural Face Oil
- 4. Gua Sha** - I sit in bed and use my Wildling Gua Sha. I spend around two minutes going over my whole face and neck to release tension and swelling from the day. I love closing my eyes while I do this and really slowing down and focusing on my breath.

beauty booster

If my skin is breaking out which it loves to do during my cycle I apply a homemade face mask. I mix 1 tsp of spirulina which is a natural detoxifier and cleanser with 1 tbsp of manuka honey which is antibacterial. I mix it and then apply it to my whole face and let it sit for 15-20 minutes. It washes off well with warm water and a face cloth and my skin always feels so smooth after.

★ *habit reminder*

When creating new habits one of the best things you can do to help you remember to stick to your habits is to create reminders.

When I get into bed each night instead of pulling off all the pillows and climbing in I leave our two main pillows on the bed so that I can sit up comfortably to meditate. This is a signal to me to meditate first and then I remove the pillows to sleep. I know this seems simple but I find this habit works really well and always encourages me to fit in at least a few minutes of meditation before bed.

Some other examples are leaving out your Gua Sha, putting your blender on the kitchen bench for smoothies, and having your yoga mat rolled out so it's all ready for you the next day.

legs up the wall

One of the last things I like to do before bed, normally while I read or meditate is I put my feet up against the wall. It's a very calming and nourishing ritual that helps your body to relax and wind down, it lowers your stress response, and also helps with any inflammation or swelling from the day.

I love that this can be added in so easily with the other little wind-down tools and that it only takes 5 minutes. You could also do this while you do a little self-check-in, say what you're grateful for or while you meditate.

NOTE: If you've never done it before it can feel quite intense and you probably won't be able to hold your feet straight for long but it gets easier and is such a fantastic tool to add to your evening wind down routine.



essential oil on your feet before bed

If you've had one of the days that took all your energy and patience then you need to end the day with this little ritual. It's simple and effective which is why I know you'll love it. Take a few drops of lavender essential oil and rub it on your feet as one of the last things you do before bed (or before meditating). It helps you calm down, relax, unwind and get ready for a restful sleep. I love this ritual so much and normally add it in right before meditating so I can breathe in the essential oils first.



MICRO CHECK IN

I know I've shared a lot over the last few weeks but if there's one thing you take away from all of this, **it's to tune in and listen to your body.** Somehow along the way we have forgotten how to tune in and take time every day to listen to our bodies. I think this is such a lost art and something that yes is challenging, maybe not so fun or exciting and you have to do it each day (ideally multiple times a day), but the results are incredible.

I can only share what's worked for me and what gives me energy and makes me feel amazing, and that might be the same for some of you, but it also might not be. The only way to know is to try new things, listen to your body and pay attention to what it's telling you because it's telling you something every single second of the day.

The challenge that we all face (myself included) is getting quiet enough to listen and then taking action on what we've learnt.

Meditation is a great way to do this even if it's just 1-2 minutes of slowing down your breath and closing your eyes.

If you do this you will find your daily balance. You will know what foods are best for you, what time of day exercise energises you, what morning and evening routine you should follow on that day, what self-care practices you should adopt and when you need to just forget it all, drink a glass of wine, order a movie and have a burger (which is also a form of self-care).

breath work

Have you heard about breathwork before? It seems to be all the rage at the moment as more and more people are becoming aware of the power of their breath and using it to manage everything that life throws their way.

Breathwork can be done to energise you at the start of the day or calm you down before bed.

Because we're talking evening routines and getting ready for bed I'm going to share my favourite wind-down breathwork technique. It only takes a few moments but helps you to tune in, slow down your breathing, turn on your PSN response and get you ready for a beautiful sleep. I hope you give it a go for a few days so you can really see the impact it can have on you.

HOW TO:

Go and sit somewhere comfortable. Close your eyes and then place your thumb over your right nostril. Breathe in and exhale through your left nostril. Do this for a few minutes. Then remove your hand and take a few deep breaths through both nostrils before moving into your meditation practice. It's that simple.

The goal is to do this for 3-5 minutes and trust me you will notice the difference.

It's unbelievably calming and an amazing tool to have in your wellness toolbox especially if anxiety, stress, and overwhelm are things you're currently working through.

★ meditation

Calming your body, breath, and mind before bed and after a busy day is such a beautiful thing to add to your routine.

I'm a big advocate for spending 10-15 minutes right before bed meditating. I do it pretty much every single night, and especially on the hard, super long, exhausting, and all-consuming days. **Because that's when this practice and all the practices in this program work their magic. But I'm sure you've figured that out for yourself already.**

Meditation is always something I make time for. My rule is a minimum of 5 minutes, which normally always turns into 10-15 as I relax into it and start to feel the shift.

I know I've got you to add meditation throughout your day from the morning to your mid-day reset but that's because it's one of the most powerful tools you could add in. Trust me on that. I don't expect you to do all three meditations, instead pick and choose your favourite time and the one you can stick with each day and then make it a non-negotiable (which I'll be talking more about in a moment).

MY FAVOURITE EVENING MEDITATIONS

Recently I've been getting into Dr. Joe Dispenza's meditations which are definitely next level and make you push yourself to go deeper and sit for longer as most of them are 20 minutes or more. I love doing these 1-2 times a week and challenge you to have a listen to them (he has free ones on his website). I also love the Superhuman wind-down meditations which are very calming and not too long. The choice is yours.

★ gratitude journal

Let's bring it back to Week 2, shall we? One of the things that I got you to do was start implementing a morning gratitude practice. If you're like "huh?" I don't remember that at all, don't worry you still have time to start adding one in and the reason I wanted to mention it again is that your evening routine is a great time of night to do just that.

The way I like to journal in the evenings is by using my 5 Minute Journal. It's a beautiful gratitude journal that is designed to help you reflect upon your day for just 5 minutes. It has a page a day to write down what you're grateful for, any affirmations, things to do tomorrow, and a few other things. I love it because it's quick to tick off and it keeps me accountable plus it looks beautiful next to my bed. I've even got Matt into this practice.

Such a beautiful way to end the day and bring in all those good vibrations and happy thoughts.

reading

The very last ritual that I'm going to get you to think about adding to your evening routine is reading. I know we're all busy mums and you might not have picked up a book (let alone finished one) in a few years, which I get, but I'm here to inspire you to give it a go again. I love reading! Getting lost in a good book is such a beautiful way to end the day, but I do have rules about what I read at night.

You might remember from Week 2 I shared a list of my favourite books and they were all motivational, inspirational non-fiction books that give you a boost for the day. **Well, that's what I stick to in the morning, and in the evening I focus on fiction.** Something to get lost in, to wind down from the day, and not something that gets my brain thinking. I encourage you to have two books a month that you're reading. One motivational one (refer to week 2's list) for your morning motivation and one that's fiction and helps you to unwind at the end of the day and get lost in the pages.

MY WEEK DAY EVENING ROUTINE

(1 hour)

9 pm The start of my evening wind down is signalled by me walking into the kitchen and boiling the kettle for a peppermint tea, pulling out a piece of dark chocolate and enjoying it while looking over tomorrow's schedule and writing my to-do list so I'm all ready to go in the morning.

9.20 pm This is when I stop working and turn my computer off.

9.25 pm I then dim the lights and start tidying up the kitchen, putting the dishes on, picking up toys, and prepping breakfast for the morning. I also take my vitamins and pull out my juicer if juicing in the morning.

9.40 pm If I'm having a shower before bed I'll do a quick massage with almond oil then I'll use my body gua sha before having a shower.

9.50 pm I apply my skincare then hop into bed to use my gua sha while choosing my meditation. Sometimes I will do legs up the wall if my legs feel tight or restless and I love doing this while finishing off my gua sha.

9.50-10.10 pm Meditate + gratitude journal

10. 10 pm Read

10.30 pm Lights out

daily *non-negotiables*

The last few things that I wanted to talk to you about before you get on with your Sunday is creating a list of daily non-negotiables that you stand by and that you hold yourself accountable for each day. This is such a great exercise as it helps you to get super clear on what you're putting your time and attention into each day and what you prioritise before all the other things you need to get done.

I've shared so many rituals and routines with you over the last few weeks and I don't expect you to fit them all in each day so now what I want you to do is look back over the last few weeks and pick and choose the main rituals that stand out to you. **The ones that you want to add in each day and that you want to work on prioritising.**

These should be the rituals that make you feel incredible. That give you energy, make you smile and that make everything else in your day easier.

Those are the rituals to turn into your daily non-negotiables.



my list looks like this

I add in new non-negotiables all the time and remove ones that are no longer serving me but for now, this is my list and I'm proud to say that I'm really good at ticking off a lot of these steps each day.

-
- Meditation for 10-15 minutes - Either in the morning or right before bed.
 - Daily gratitude practice
 - Dry body brush (self care)
 - Lemon water every morning before anything else
 - Nourishing breakfast
 - Daily Greens - Either in the form of a green smoothie or green juice. I also add lots of leafy greens to my meals
 - Some form of movement or stretching
 - Superfood matcha latte or elixir with my Glow Boosters
 - Lights out before 10.30 pm
-

**“It's not about perfection
it's about progress”**

Your daily *non-negotiables*

Now it's time for you to come up with your list. Take a few moments to get clear on how you want your day to look and what rituals and routines over the last 4 weeks have had the biggest impact on how you feel and show up each day.

Aim to write down between 5-10 daily non-negotiables that you use as your guide each day and then do everything you can to tick them off as often as you can. That's the goal.



last few things *to remember*

Be kind to yourself

You are doing amazing just being here. It is so full on being a mama and these rituals and routines are here to support you not make your days harder and more exhausting. So be kind to yourself and take it one day at a time.

Listen To Your Body

Get really good at knowing how you feel, what gives you energy, what makes you feel blah, and what keeps you in balance, and then do your best each day to tune in and pay attention to what you need to each day.

Start At The Beginning Of The Day

When in doubt start at the beginning of the day and go from there. Don't focus on anything else other than the morning and what you can do right now. Then move through the day with that same approach.

Make Time For Yourself

Don't forget you deserve time to yourself each day to feel your best and fill up your cup. So prioritise it and make it important, because you are important.

Always Add In Goodness

You can't go wrong when you simply add in goodness each day.

Have Time Each Day in Stillness

Make time for quiet, thinking, reflecting, slowing down, tuning in, and unwinding. Trust me it's the best thing you can do for your body.

Get Outside Into The Sunshine And Fresh Air

Make this part of your routine, feel the light on your skin, and breath in the fresh air. Let it energise you and allow your body to fall into its natural circadian rhythm (and bring the kids along on this one - hello better night sleep for everyone!)

80/20

Life is always about finding balance. Don't aim for perfection each day, aim for balance. Eat your green juice and your piece of dark chocolate, sleep in on the weekends, drink a glass of wine now and then, have the fries, and skip the workout. Find the balance. Find your 80/20.

Breathe Into The Chaos Of It All

Something this is all you can do with kids. Breathe in the chaos and breathe out your expectations of getting everything done perfectly and having it all run smoothly with a perfect house and meals lining the fridge. Life is messy, especially with kids, but it's beautiful messy so embrace it and breathe in the chaos.

Come Back To Your Foundational Foods

Make sure you're building your foundational diet so that you're getting everything you need each day to show up and feel your best. Come back to these foods, make them your staples and weave them into your day as often as possible.

Boost Your Meals With My Daily Glow Boosters

Throughout your day scatter a few glow boosters to maximise nutrition, gut health, your immune system, energy, and vitality. Use them when you need a pick me up, are run down, feeling flat, or bloated. Have them always on hand and then pull a few out each day to add in.

Have Fun

This is meant to be fun so start enjoying it. Only add in what makes you feel good and that you truly love doing and leave the rest.





“When you work
on yourself
everything is better.”

YOU DID IT

You've made it to the end of the program and for that you should be so unbelievably proud of yourself. You showed up, you put in the work and you're doing what you can to be the best version of you. What an amazing achievement!

You've still got the week to work through and this one is still a jam packed week. Make sure to come back to this week's goals and keep ticking them off and showing up.

You've done the hard work but now its time to stick with it and make it a lifestyle. This is your new way of showing up for yourself and its a daily commitment. But you've got this. You've got your plan and i'm here with any questions or concerns you might have.

So please use this as your guide. Re-read the modules, print them out, stick the reminders on your fridge, call a friend and hold each other accountable and work each day on showing up for yourself.

this is just the *beginning.*

Have a beautiful Sunday.

Renee xx

thank you



module four