



Break Through Burnout: 3 Simple Shifts to Reclaim Your Energy

Because coffee, naps, and spa days fizzle out, these habits actually keep delivering

Begin the day feeling calm and supported without relying on coffee to get through and show up more patient and present with your kids.

www.krystalsettlemairwellness.com



Hi, I'm Krystal!

I've been there. I walked through gut issues, period struggles, deep fatigue, and ongoing anxiety. Along the way, I noticed myself becoming more irritable, especially with my kids, and the guilt that followed made me wonder why motherhood felt so hard when I wanted it to feel different.

Deep down, I just wanted to feel like myself again.

By God's grace, I learned that my symptoms weren't random. They were signals that my body was depleted and needed support.

I'm so glad you're here. Small, intentional steps can truly add up to meaningful change.

Warmly,
Krystal Settlemoir, FDN-P

What Burnout Really Is

(and Why So Many Moms Feel It)

Burnout isn't a personal failure.

Burnout happens when the demands of life outweigh the support your body is receiving for too long.

Motherhood is full.

Stress is normal.

Busy days are part of real life.

But pregnancy, breastfeeding, broken sleep, and years of giving yourself to your kids take a real toll on your body. You pour out so much — physically, emotionally, and mentally — often without ever being taught how to truly fill yourself back up.

So years later, many moms are still running on empty... not because they did something wrong, but because no one ever told them their body needed real replenishment, not just rest or willpower.

Burnout doesn't mean you can't handle motherhood.

It means your body has been carrying a lot without enough support.

This guide isn't about opting out of your life. It's about learning how to support your body so you can sustain the beautiful, demanding role you're already living.

Signs You Might Be Experiencing Burnout

(Read this slowly and notice what lands)

Burnout doesn't stop you from showing up it just makes everything feel heavier when you do.

For many moms, it shows up quietly in ways that are easy to dismiss or normalize.

Read through this list and notice what resonates.

- Waking up tired, even after a full night's sleep
- Feeling wired but exhausted at the same time
- Relying on coffee to get through the day
- Feeling more snappy with your kids than you want to be
- Brain fog or scattered thoughts
- Feeling anxious, sensitive to loud noises, or overstimulated
- Craving sugar, salt, or carbs for energy
- Headaches, hair thinning, or muscle cramps
- Digestive upset (bloating, constipation, diarrhea, or nausea)
- Feeling like you're doing everything "right"... but still feeling off

If you found yourself nodding along, take a breath.

These are signs of depletion, not a lack of effort, discipline, or strength. Burnout is often the body's way of asking for more support after a long season of giving.

And when the right support is in place, these signs can begin to ease.

Three Foundations for Steadier Energy and Calm

(And why they matter)

These three foundations are simple, but they matter deeply, especially for moms.

Sunlight

Morning sunlight is one of the gentlest ways to support your energy and stress response.

It helps your body:

- Wake up naturally for steady energy
- Regulate stress hormones so you're not living in fight/flight
- Lift your mood and help you feel calmer throughout the day

Nervous System Regulation

Motherhood keeps us in go-mode. Even on “easy” days, your body is responding to noise, needs, and constant decision-making.

Nervous system support helps your body shift out of survival mode, which will help ease feeling anxious, on edge, and completely overwhelmed.

Minerals

Minerals are the spark plugs of your cells. They run everything from hormone production to energy creation to how calm (or chaotic) your brain feels. And the fun part? Stress burns through minerals fast. That means every transition meltdown, sleepless night, or busy week at work depletes your reserves even more.

When they aren't replenished, everything feels harder, and those familiar “mom symptoms” start to show up.

Where to Start

(Your 5-Minute Morning Energy Upgrade)

Too often, we wake up already feeling behind. We are rushing around, grabbing coffee, checking our phones, and barely sitting down to eat. All of this signals stress to the body and can fuel the very symptoms we're trying so hard to avoid.

Here is Your Morning Energy Upgrade: three simple habits designed to support your body before the day starts asking everything from you.

Step 1: Mineral mocktail

Ingredients: 8 oz coconut water or aloe vera juice, a pinch of sea salt and a squeeze of lemon or lime, or a splash of pomegranate juice.

Sip this to help your body access energy from a nourished place, rather than pushing through on caffeine.

Step 2: Get outside

Upon waking, get natural light in your eyes. Step outside for just a few minutes, even if it's cloudy, rainy, or cold. This gentle signal helps support steadier energy, a more stable mood, and a calmer stress response throughout the day.

Step 3: Gentle grounding + gratitude

Place your bare feet on the grass or pavement and take a moment to notice something you're grateful for. This simple pause helps calm your nervous system and steady your breath for the day ahead.

Over time, many moms notice:

- More steady energy
- Less reactivity and overwhelm
- A calmer start, even on busy days

DISCLAIMER

The information provided in this guide is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Please always consult your healthcare provider before making any changes to ensure they are appropriate and safe for you.