

## EMPOWERING HEALTH & WELLBEING FOR WOMEN

# PREVIEW

In this final instalment of this 3-book series, we explore routines for a serene and rejuvenating evening. This book covers exercises to unwind, calming and effective bathing techniques using specific herbs and natural oils, and preparation tips for the following day to ensure a smooth morning. It also includes final words of gratitude, reflection, and prayer to help you unwind mentally, emotionally, and physically, paving the way for a night of deep, restful, and restorative sleep.

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# A SHORT GUIDE TO HEALTHY LIVING

**EVENING  
UNWIND, NOURISH,  
REFLECT & RESTORE**

**EMPOWERING HEALTH & WELL-BEING  
FOR WOMEN IN SELF-CARE**

**DOLLY JAMES**



In this last series, you will find evening routines that include exercises, stretches, breathing techniques, nutritious meals, and meditation and prayer essential for achieving restful and restorative sleep.

You will find information on the benefits of engaging in physical activities, stretches, and deep breathing exercises.

Preparation tips and recipes for nutritious meals and beverages for the evening and the day ahead to support overall health, ensuring that your body has the necessary nutrients to repair and rejuvenate during sleep.

Together, these practices create a harmonious pre-sleep environment, enhancing the quality of your rest and preparing you for a productive and energetic day ahead.



Content and design created by D. James.

Note: The graphic images included in this book are for guidance purposes only. They are intended to provide visual support and enhance understanding of the exercises, recipes, and lifestyle choices described.

The content in this book primarily serves informative purposes based on personal knowledge and experiences, and through scientific and analytical research.

If you are following a prescribed diet or medication, it is recommended to seek advice before applying the methods outlined in this book.

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# A SHORT GUIDE TO HEALTHY LIVING

## EVENING

UNWIND, NOURISH, REFLECT  
& RESTORE

EMPOWERING HEALTH & WELLBEING  
FOR WOMEN

**DOLLY JAMES**

Transitioning smoothly from work to home can sometimes be hectic but adopting lifestyle practices and a mindset whether you are on your own or with family can promote relaxation and prepare you for a good night's sleep.

Start by creating a clear end-of-work routine by signalling the end of your workday with a consistent routine. This could be as simple as tidying up your workspace, shutting down your computer, or changing into more comfortable clothing.

You can engage in some form of physical activity, whether going out for a walk with the dog or without, yoga, or a workout. This helps to release any pent-up energy and transition your body from work mode to relaxation mode.

At the same time, you can introduce breathing exercises or meditation by taking a few moments to help clear your mind and reduce stress. There are Apps like Headspace or Calm can guide you through quick, effective sessions.

Try resisting the urge to check work emails or messages once your workday has ended. Disconnect from work by setting boundaries to ensure your time remains uninterrupted.



# 1 EXERCISE!

In today's fast-paced world, finding time to prioritise our health can feel like a luxury. However, incorporating exercise into your evening routine, either after work or before diving into family responsibilities, is crucial for your overall well-being. Here's why:

### **Physical Benefits**

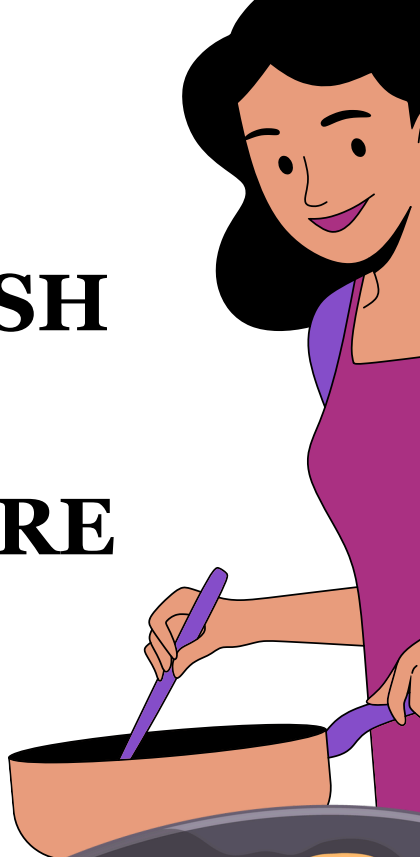
Exercising in the evening offers numerous physical advantages. After a long day of sedentary work or being a busy mum, engaging in physical activity helps alleviate the tension built up in your muscles. It improves circulation, boosts your energy levels, and enhances your metabolic rate, ensuring that your body remains active and healthy. Additionally, evening workouts can lead to better sleep quality, as they help regulate your circadian rhythm.

### **Mental Health Boost**

Physical activity is a proven stress reliever. After a demanding day at work or home, exercising can help clear your mind, reduce anxiety, and elevate your mood by releasing endorphins, the body's natural feel-good chemicals. This mental reset is particularly important before transitioning to evening family tasks, enabling you to approach these responsibilities with a refreshed and positive mindset.



# 2 NOURISH & RESTORE



Evening meals play a crucial role in our daily nutrition, providing the necessary fuel to end the day on a healthy note. A well-balanced dinner can help maintain energy levels, support muscle repair, and promote overall well-being.

Incorporating a variety of lean proteins, whole grains, and colourful vegetables ensures your body receives essential nutrients, vitamins, and minerals.

Whether it's a hearty lentil soup, a vibrant stir-fry, or a simple grilled fish with quinoa, choosing nutritious options for your evening meal can contribute to better digestion, improved sleep, and sustained energy for the next day.

In this section, you will find suggestions for having the right tools, appliances, and stock items for easy accessibility and preparation processes saving time in the evening for those precious moments before calling it a night.



# Dishes From The Kitchen

Do you sometimes feel too tired to cook a satisfying meal when your workday is over? The one thing you would like to avoid is spending most of your evening creating a tasty, nutritious meal and forfeiting your time for relaxation and winding down after you have been to the gym or exercised.

Sometimes, there isn't much energy left after a full day's work, exercising and preparing the evening's meal which you know that you need to do.

So, how do you devise a solution for accessibility to satisfying, tasty, and nutritious meals without spending the best part of the evening preparing and cooking? I figured out that if I were to cook certain stock items like rice, pasta, and potatoes in advance and store them in the freezer or fridge, it would shorten the time spent preparing meals and more time for relaxation and engaging with loved ones or family.

Sometimes a little planning in advance goes a long way to focus on the more important things and spending time with friends, family or loved ones. I have included a few dishes that you can prepare, say on a Sunday or any week day to last you for the next two evenings and suggestions for lunch recipes with surplus food and leftovers.



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**HYDRATE**



The daily recommended water intake varies depending on age, gender, activity level, and overall health.

Generally, the guidelines suggest:

Men: 2000ml or 4 x 500 ml of bottled water

Women: 1600ml or 3.5 x 500 ml of bottled water

This can include all fluids consumed, not just water. Foods with high water content, such as fruits and vegetables, also contribute to your daily intake. It's important to drink more water if you're physically active, in a hot environment, or if you're pregnant or breastfeeding.

A good rule of thumb is to drink enough so that your urine is a light, pale yellow colour.

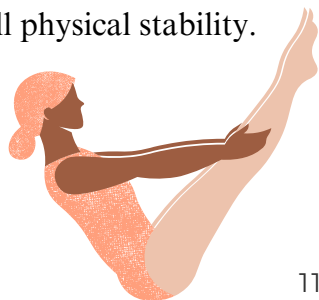


A light workout after dinner can aid digestion and help you wind down. Here are some exercises that are gentle and effective after your evening meal. It's beneficial to include a few deep breathing and stretching exercises to help loosen your muscles and relax your mind. This routine should only take about five to ten minutes before your bedtime.

### **Floor Stretches & Breathing Exercise**

You could start with floor stretches and breathing exercises as they both offer numerous benefits for physical and mental well-being. Combining these practices can lead to a more flexible, resilient body, making them an excellent addition to your evening routine.

On the other hand, breathing exercises, such as diaphragmatic breathing, improve lung capacity and efficiency, lower blood pressure, and stimulate the parasympathetic nervous system, which helps reduce stress and promote relaxation. Stretching helps improve flexibility, enhance range of motion, and reduce muscle tension, which can prevent injuries, alleviate pain and promote better posture and balance, contributing to overall physical stability.



# 5 REFRESH & UNWIND



As the day draws to a close and the demands of the day begin to wind down, we must reclaim a sense of tranquillity and peace before retiring for the night. An evening shower or bath is more than just a routine—it's a ritual, an invitation to wash away the day's stressors and prepare the body and mind for rest.

The simple act of immersing in warm water whether in a bath or under a shower, can transform into a powerful tool for relaxation and rejuvenation.

A warm shower or bath serves as a haven, a space where the gentle cascade of water can soothe tense muscles, calm a racing mind, and rejuvenate the spirit. The warmth of the water increases blood circulation, promoting a sense of comfort and relaxation.

Essential oils like lavender or chamomile can be added to your bath to enhance this experience, embracing you in soothing aromas. The act of washing away the physical and emotional remnants of the day symbolises a fresh start, allowing you to step into the night with a renewed sense of calm.

*Once you have decided on what to wear for tomorrow (at the end of this chapter), engaging in these rituals not only prepares your body for sleep but also signals to your mind that it is time to unwind and let go.*

Here are some suggestions to incorporate into your bath time to make it that extra special. Remember to embrace every aspect of goodness in all you do to make you feel glowing from inside and out. Your thoughts and feelings about the day's events are slowly dissipating into a state of calm and peace.

Let's create your bath experience as you begin to wind down. If you would love a bath to soothe your weary muscles and keep you warm, especially in the cold winter months, then start by visualising how you would like your bath time to be.

Is it going to be a *calming and scented, spa-themed* or a *ten-minute quick soak*?



# What to Wear ?

*Sharp & Smart, Smart & Casual or Casual*



After your relaxing bath,  
preparing for the following  
days's clothes especially if  
you have an early start can  
save time for the essential  
morning routines.



6

**REFLECTION**

**&**

**GRATITUDE**



We start our mornings with routines that set a positive tone for the day, and it's equally important to end our days with routines that help us wind down and nourish our minds and bodies in preparation for tomorrow.

But why should we reflect and be grateful for today's events, regardless of their outcomes? Reflecting on the day's events provides valuable insights into how we coped and managed amidst the pressures and demands of our environment, whether at work, in public spaces, or at home.

We often face obstacles and challenges that require us to navigate using our skills, knowledge, and decision-making abilities, which we may not always get right. By reflecting, we can appreciate our efforts and learn from our experiences.







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# **SWEET DREAMS**



There's something immensely satisfying about winding down after a full day. The anticipation of a restful night begins as you wrap up your evening exercise, prepare a delicious meal, and spend cherished moments with loved ones.

Whether you're diving into a captivating book, binge-watching your favourite TV show, or simply taking some time for yourself, the sense of calm gradually sets in.

A refreshing shower or bath, followed by a soothing cup of bedtime tea, becomes the final touch in this blissful routine, paving the way for a night of rejuvenating sleep.

However, there are times when falling asleep can be challenging, leaving you feeling restless and uncomfortable. This could be due to various factors, such as the room temperature, the type of nightwear, or racing thoughts in your subconscious that keep you awake. In the following pages, you'll find suggestions and tips to help you overcome these issues and support you in achieving a good night's sleep.

In this last installation, empower yourself with practical tips and routines that promote a holistic sense of well-being and embrace each evening as a time to nourish, relax, and restore, focusing on women's unique needs.

Delve into evening exercises that rejuvenate your body and explore nourishing food choices that satisfy your cravings and promote restful nights. Learn how to relax and unwind with natural bath and shower routines using soothing herbs and essential oils. Finally, prepare for the day ahead with strategies that allow you the time for your morning routines and ensure you wake up feeling refreshed and energised.



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## EMPOWERING HEALTH & WELLBEING FOR WOMEN

In the following pages, you'll find the Happy List, which serves as the Table of Contents for this book. As we transition from day to evening, we can introduce a few routines that can relinquish all thoughts, and connections to the events earlier on in the day and introduce practices that can calm and relax you to unwind. As you navigate through the book, you will find a host of suggestions and ideas to prepare you and to nourish, replenish, and restore your mind and body for a deep and restful sleep.

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