



FREE GUIDE FROM BE WELL WITH JUSTIN

The Fatigue-Fighting Guide

A simple 5-day reset for stressed-out professionals who are tired of running on empty.

Justin Zoccolillo, FDNP + MCSP

Functional Health Coaching for High-Stress Professionals



SECTION 1

Hey, I'm glad you're here.

If you downloaded this guide, I'm going to guess a few things about you. You get things done. People count on you. And lately, it takes more out of you than it used to. You wake up tired even after a full night in bed. Your focus drifts in the afternoon. Little things irritate you more than you'd like to admit. Maybe your digestion is off, or the scale won't budge no matter what you try.

Here's the first thing I want you to hear: **this is not a willpower problem, and it is not your fault.** You haven't gotten lazy. You're not broken. Your body has been running in high-stress mode for a long time, and it's doing exactly what bodies do under sustained pressure: protecting you in ways that feel like fatigue, fog, and frayed patience.

I know this territory personally. Serious illness took my health and my career before I trained as a functional health practitioner to rebuild my own body. It worked, and now helping other people do the same is what I do every day.

This guide is a simple five-day reset. Not a detox, not a diet, not another complicated program. Five days, one focus per day, three small moves each day. Every step is designed to help your body remember what steady feels like. You can start tomorrow morning.

Let's get your energy back.

Justin

SECTION 2

What Stress Is Actually Doing in Your Body

Stress isn't just a feeling. It's a full-body chemical event. When your brain reads pressure (deadlines, notifications, conflict, skipped meals, short nights), it tells your adrenal glands to release stress hormones like cortisol and adrenaline. That's useful for an hour. It becomes a problem when the alarm never fully shuts off.

When stress hormones stay elevated day after day, a few predictable things tend to happen:

- ☐ **Your blood sugar rides a rollercoaster.** Cortisol raises blood sugar to fuel a threat that never comes. Add coffee on an empty stomach and grab-and-go carbs, and you get spikes, crashes, and that shaky 3 p.m. wall.
- ☐ **Your sleep gets lighter and less repairing.** A wired nervous system resists deep sleep, so even eight hours can leave you unrefreshed.



- ☐ **Your digestion slows down.** The body deprioritizes digestion under threat, which can show up as bloating, discomfort, and irregularity.
- ☐ **Your brain gets foggy and your fuse gets short.** Energy is routed toward vigilance instead of focus, patience, and creativity.
- ☐ **Your body holds on.** Chronically stressed bodies often resist losing weight, especially around the middle, no matter how little you eat.

Notice what all of that means: the fatigue, the fog, the irritability, the stubborn weight are not separate problems. They're often the same problem wearing different outfits. Which is also good news, because when you address the pattern, several things can start improving together.

The five most common mistakes I see in busy, high-achieving people: running on caffeine instead of real fuel, fighting the body clock with late screens and dark mornings, going all day with zero recovery pauses, treating movement as all-or-nothing, and giving sleep whatever time is left over. The next five days take these on, one per day.

SECTION 3

The 5-Day Reset

One focus per day. Three moves per day. Each day stacks on the one before it, so by Friday you're not doing five programs, you're living one steadier rhythm. Check the boxes as you go. Imperfect counts.

DAY 1

Steady Your Fuel

The mistake it fixes: Running on caffeine and quick carbs instead of real food.

Why it works: Protein and fat in the morning give your blood sugar a stable floor, which may mean fewer crashes, fewer cravings, and a calmer stress response all day.

Today's three moves:

- ☐ Eat a real breakfast within about an hour of waking: aim for 30 grams of protein (eggs, Greek yogurt, leftover chicken, a quality protein shake).
- ☐ Have your coffee with or after food, not instead of it.
- ☐ Build lunch and dinner around the plate formula: protein + healthy fat + fiber first, starches after.

Quick win: One protein-anchored breakfast can change how your entire afternoon feels.

**DAY 2****Reset Your Rhythm**

The mistake it fixes: Fighting your body clock: dark mornings, bright screens at midnight.

Why it works: Your hormones run on a 24-hour clock set primarily by light. Morning light tells cortisol to peak at the right time (early), which helps it fall at the right time (night), so you can feel awake by day and sleepy by night.

Today's three moves:

- ☐ Get outside within 30 to 60 minutes of waking for 5 to 10 minutes of daylight. No sunglasses needed. Cloudy still counts.
- ☐ Set a caffeine cutoff at least 8 hours before bed (for most people, that's noon to 2 p.m.).
- ☐ Dim your world after sunset: lamps instead of overheads, screens on night mode, brightness down.

Quick win: Morning light is the cheapest energy supplement on earth.

DAY 3**Turn On Your Off-Switch**

The mistake it fixes: Going full throttle from alarm to pillow with zero recovery in between.

Why it works: Your nervous system has a built-in brake (the parasympathetic system). Short, deliberate pauses press that brake several times a day, which may lower the background stress load your body carries into the evening.

Today's three moves:

- ☐ Do 90 seconds of slow breathing three times today: inhale through your nose for 4 counts, exhale slowly for 6 to 8. Long exhales signal safety.
- ☐ Take one true break: eat one meal today with no screen, no email, no multitasking.
- ☐ Schedule a 10-minute buffer between your last work task and whatever comes next. Guard it like a meeting.

Quick win: You can't think your way into calm, but you can breathe your way there.

**DAY 4****Move to Recover, Not to Punish**

The mistake it fixes: All-or-nothing exercise: crushing workouts on no sleep, or nothing at all.

Why it works: For a stressed body, brutal training can add to the stress load. Gentle, consistent movement (especially walking) supports blood sugar, mood, digestion, and sleep without demanding recovery you don't have yet.

Today's three moves:

- ☐ Take a 10-minute walk after your largest meal today. It's one of the simplest ways to support steady blood sugar.
- ☐ Get up and move for 2 to 3 minutes every hour you're at a desk: stairs, stretching, a lap around the house.
- ☐ If you already train hard, keep today easy on purpose. If you don't train at all, today's walks are the workout. Both are wins.

Quick win: A walk after dinner does more for tomorrow's energy than another hour of pushing through tonight.

DAY 5**Protect Your Sleep Like a Meeting**

The mistake it fixes: Treating sleep as whatever time is left after everything else.

Why it works: Sleep is when your body repairs tissue, balances hormones, and files away stress. Everything you practiced on Days 1 through 4 was quietly setting tonight up to be better.

Today's three moves:

- ☐ Pick a realistic lights-out time that gives you 7.5 to 8.5 hours in bed, then set an alarm one hour before it. That alarm starts your wind-down, not your morning.
- ☐ In that last hour: screens away (or at minimum, dim and boring), lights low, maybe a warm shower, tomorrow's top three written down so your brain can let go.
- ☐ Keep your bedroom cool, dark, and quiet. Charge your phone across the room if it tends to follow you into bed.

Quick win: Tonight's sleep is tomorrow's energy. Spend it like the investment it is.



Day 6 and Beyond: Repeat the Loop

Nothing magical expires after five days. Keep the pieces that felt best, tighten the ones that slipped, and let the rhythm compound. Most people notice the difference not on Day 5 but on Day 12, when a hard day lands and it doesn't wreck them like it used to.

SECTION 4

Extra Tips That Punch Above Their Weight

- ☐ **Front-load your day.** Do the hardest, most important thing in your first two focused hours, when cortisol is naturally highest and working for you.
- ☐ **Give your phone a bedtime and a wake time.** No inputs for the first 30 minutes of your day. The emails will still be there; your calm won't be if you start in reaction mode.
- ☐ **Get outside once a day, no agenda.** Ten minutes of daylight, trees, or sky counts as recovery even when it doesn't feel productive. Especially then.
- ☐ **Practice the two-minute shutdown.** End each workday by writing tomorrow's top three tasks. Open loops are a major reason your brain won't power down at night.
- ☐ **Say the quiet mindset shift out loud:** rest is not a reward you earn after burnout. It's part of how you perform. High performers recover on purpose.
- ☐ **Lower the bar, keep the streak.** A 60 percent day repeated beats a 100 percent day abandoned. Consistency is what your hormones respond to.

SECTION 5

Food and Lifestyle Strategies That Reinforce the Plan

- ☐ **Anchor every meal with protein.** A palm-to-two-palm portion each meal supports steady energy, muscle, and satiety.
- ☐ **Don't fear real fat.** Olive oil, avocado, nuts, seeds, and fatty fish help meals hold you for hours instead of 90 minutes.
- ☐ **Fiber is your blood sugar's best friend.** Vegetables at lunch and dinner, plus berries, beans, or seeds where they fit.
- ☐ **Hydrate early.** A large glass of water before your coffee. Mild dehydration reads as fatigue and fog.



- ☐ **Watch the alcohol window.** Drinks within three hours of bed reliably fragment deep sleep. If you drink, earlier and with food is the gentler pattern.
- ☐ **Crowd out, don't cut out.** Add the good stuff first (protein, plants, water, walks). Ultra-processed snacks lose their grip when you're actually fueled.
- ☐ **Eat like it matters, not like it's a test.** No perfect diet required this week. Steady beats strict.

SECTION 6

Simple, Hormone-Friendly Meal and Snack Ideas

BREAKFASTS (30 grams of protein, minimal fuss)

Three-egg scramble with spinach and feta, side of berries.

Greek yogurt bowl: plain full-fat yogurt, walnuts, chia seeds, blueberries, cinnamon.

Protein shake blended with frozen berries, nut butter, and a handful of spinach, when mornings are chaos.

Leftover dinner protein over greens. Breakfast doesn't have to look like breakfast.

LUNCHES AND DINNERS (protein + fat + fiber first)

Big-bowl salad: grilled chicken or salmon, mixed greens, avocado, olive oil and lemon.

Sheet-pan salmon or chicken thighs with broccoli and sweet potato.

Burrito bowl: seasoned ground beef or turkey, cauliflower rice or rice, black beans, salsa, guacamole.

Stir-fry: shrimp or chicken, lots of vegetables, ginger and garlic, over rice if you're training.

**SNACKS (for real hunger between meals)**

Apple or pear with a couple tablespoons of nut butter.

Hard-boiled eggs and a handful of olives.

Beef or turkey jerky (minimal-ingredient) with baby carrots.

Cottage cheese with pineapple, or plain yogurt with a few dark chocolate chips when you need dessert energy.

SECTION 7

You Did More This Week Than Most People Ever Will

Five days ago, feeling better probably seemed complicated. Now you've proven something important: your body still responds. Steadier fuel, morning light, real pauses, gentle movement, protected sleep. Small inputs, honest outputs. That's not a coincidence. That's your physiology saying thank you.

And here's the honest next thought: a reset shows you what's possible. It doesn't tell you *why* your energy broke down in the first place.

If You're Ready to Go Deeper

This guide is the general map. Restore Your Resilience is the personalized one. It's my 16-week, one-on-one functional health coaching program for high-stress professionals, where we combine your history, your lifestyle, and relevant lab testing to identify the specific patterns behind your fatigue, brain fog, and irritability, then build and refine a plan around you. Reveal. Rebuild. Refine. No generic health plan, because you are not a generic person.

The first step is a free 30-minute call. No pressure, no jargon. We'll talk about what you're experiencing, what you've tried, and whether the program is the right fit. If it's not, you'll still leave with clarity.

READY TO FEEL LIKE YOURSELF AGAIN?

[Schedule your free call at bewellwithjustin.com](https://bewellwithjustin.com)

Questions first? support@bewellwithjustin.com



Whatever you decide, please take this with you: the way you feel right now is information, not identity. Bodies that get consistent, patient care have a remarkable way of coming back online. Yours included. I've watched it happen, and I've lived it.

Here's to steadier days ahead.

Justin Zoccolillo, FDNP + MCSP

Be Well with Justin

A quick, important note: This guide is educational and reflects coaching, not medical advice. It does not diagnose, treat, or cure any condition, and outcomes vary from person to person; no specific result is promised. Please talk with your healthcare provider before making changes to your nutrition, exercise, or lifestyle, especially if you have a medical condition, take medication, or are pregnant.

© 2026 Be Well with Justin. All Rights Reserved.