

# MISSION SELF-RESET

ISSUE 3

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## Content

- Restyle Your Mind
- Why everyone seems to get ill at the end of winter and how to reset your immune system."
- Blend Your Way to Better Health - Simple smoothies to support immunity and wellbeing.
- Mission Self Reset: Anxiety Series 🌿 A recurring feature exploring why anxiety happens and how we can gently regain balance.



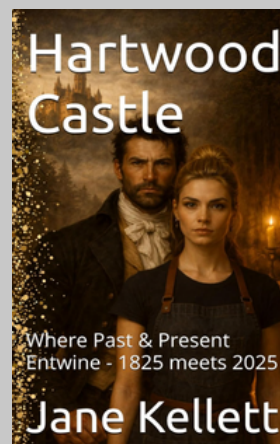
"A BEAUTIFUL LIFE IS ONE WHERE YOU ARE HAPPY WITH YOURSELF NO MATTER WHAT OTHERS THINK"



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Jane Kellett is a UK Commercial Manager in the Pharmaceutical Industry, psychotherapist, author, and cancer thriver who created Mission Self Reset to help people restyle their mind, and build emotional resilience.

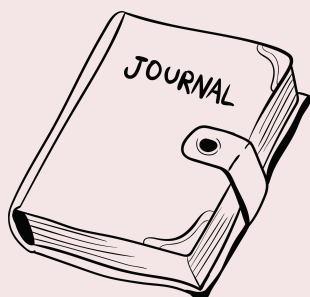
She also writes romantic suspense novels inspired by Yorkshire. Her writing combines professional insight with powerful storytelling.



# RESTYLE YOUR MIND

## Quiet Hour

Embrace Silence. Many of us drown out our thoughts with background noise, so turn off the radio, TV, laptop and your phone notifications for an hour every day. The best time to do this is in the evening, before bed, as this will give your mind some time to go over the events of the day and relax before you sleep. Sitting silently may feel awkward at first, so if you are struggling try a non tech-based hobby: journaling can be very stress relieving or try a few basic meditation exercises.



Don't wait for the  
**PERFECT MOMENT**  
take the moment and make it  
**PERFECT**

## Reconnecting via eco-therapy

Next time you are out on a nature walk or indulging in a little nature therapy, try the 4-3-2-1 exercise. (Could try with your children)

- First, notice 4 things that you see and rest your eyes on these 4 things, taking them in one at a time.
- Then, listen out for 3 sounds that you hear. Really tune into each sound.
- Next, focus on 2 things that you can feel: the wind on your skin, the material of your clothes on your body or your feet on the earth.
- Lastly, notice 1 thing you can smell or touch. The earthy smell in the air, the touch of a tree trunk, a stone, a leaf or the grass. Take time to experience it fully.

“Why everyone seems to get ill at the end of winter and how to reset your immune system.”

As we come out of what has felt like a particularly brutal winter, months of grey skies and very little sunshine, I've found myself picking up virus after virus. It's made me realise how important it is to be intentional about rebuilding and supporting my immune system.

After a long UK winter with limited daylight, many people experience the same thing. Our immune systems can become a little depleted due to lower vitamin D levels, less time outdoors, and spending more time inside during the colder months.

Taking steps now to strengthen and support your immunity can be a really positive seasonal reset 🌱

Many people notice they get ill towards the end of winter or early spring, and there are several biological and environmental reasons why this happens.

### 1. Vitamin D is at its lowest

In countries like the UK, sunlight is limited for several months. Vitamin D is produced when sunlight hits the skin, and by February/March our levels are often at their lowest. Vitamin D plays an important role in supporting the immune system, so when levels drop, our ability to fight infections can weaken.

### 2. Immune fatigue

Your immune system has often been fighting viruses all winter, colds, flu, and other seasonal infections. By the end of the season, the body can simply be a bit run down, making it easier for new viruses to take hold.



cont...



### 3. Indoor living

During winter we spend far more time indoors:  
less fresh air, more crowded indoor spaces  
viruses circulating more easily  
This increases exposure and transmission.

### 4. Less nutritious eating habits

Winter can also bring:  
heavier comfort foods  
fewer fresh fruits and vegetables  
less physical activity  
All of which can influence immune strength.

### 5. Seasonal transition

The body also has to adjust to seasonal change. Shifts in temperature, daylight, and sleep patterns can temporarily affect the immune system.

## The good news

As daylight increases in spring, our vitamin D levels begin to recover, we spend more time outdoors, and immune resilience usually improves.

This is why many people use early spring as a "reset period", focusing on nutrition, sleep, sunlight, and movement to help the immune system recover after winter.

Here are 5 common immune mistakes people make at the end of winter, often without realising it. These can keep the cycle of illness going just when we think we should be feeling better.

### 1. Not replacing Vitamin D after winter

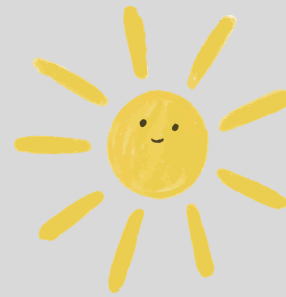
By late winter, vitamin D levels are usually at their lowest point of the year in the UK. Many people stop thinking about supplementation or sunlight just when their body actually needs it most.

Low vitamin D can affect:

- immune response
- mood
- energy levels

Even 15 to 20 minutes of daylight exposure daily can help, alongside foods like oily fish and eggs.

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## 2. Trying to “push through” exhaustion

After a long winter people often push themselves harder as the year gets busy again. But immune systems recover during rest, especially during deep sleep. Chronic tiredness can lower resistance to viruses.

Aim for:

- consistent sleep
- proper downtime
- avoiding constant stress.

## 3. Eating less nutrient-dense food

Winter comfort eating sometimes carries into spring, more processed food and fewer fresh nutrients.

Your immune system particularly relies on:

- Vitamin C (berries, citrus, peppers)
- Zinc (nuts, seeds, meat)
- Selenium (Brazil nuts)

Even small dietary improvements can make a difference.

## 4. Spending too much time indoors

After months of cold weather, many people stay in the indoor habit. Fresh air and daylight help regulate circadian rhythms, immune cells, and mood.

A simple daily walk outside can significantly support overall health.

## 5. Ignoring gut health

Around 70% of the immune system is linked to the gut. Antibiotics, winter illness, and diet changes can disrupt gut bacteria.

Helpful foods include:

- yogurt or kefir
- fermented foods
- fibre-rich vegetables and whole grains.

## A helpful mindset shift

Rather than thinking of this time as “the end of winter illness,” it can be helpful to see it as a spring reset period , a chance to rebuild energy, immunity, and wellbeing.



# Blend Your Way to Better Health

Simple smoothies to support immunity and wellbeing.



## Mission Self Reset: Anxiety Series 🌿

A recurring feature exploring why anxiety happens and how we can gently regain balance.

### Mission Self Reset: Anxiety Series First – Why It Happens



Anxiety is one of the most common experiences people face today, yet many don't fully understand why it happens. At its core, anxiety is the body's natural survival mechanism. Our brains are designed to detect potential threats and prepare us to react quickly, what is often called the fight or flight response. This response was incredibly useful thousands of years ago when humans needed to react instantly to physical danger.

However, in modern life, the threats we face are rarely physical. Instead, they come in the form of work pressures, financial concerns, constant notifications, social expectations, and an endless stream of information. Our brains can struggle to distinguish between real danger and everyday stress, meaning the body can stay in a prolonged state of alert.

When this happens, people may experience symptoms such as racing thoughts, tension, poor sleep, or a feeling of unease even when there is no immediate problem to solve. Understanding that anxiety is often simply the body trying to protect us can be the first step towards responding to it with more awareness, patience, and compassion. 🌿



## Mission Self Reset: Anxiety Series

### What Your Body Is Doing



When anxiety appears, your body is simply activating its built-in alarm system. The brain signals the release of stress hormones such as adrenaline and cortisol, preparing you to react quickly to a perceived threat. Your heart may beat faster, breathing can become shallow, muscles tighten, and your mind may begin scanning for problems or worst-case scenarios.

These reactions are not a sign that something is wrong with you, they are actually your body trying to protect you and keep you safe. The difficulty today is that many of our “threats” are ongoing pressures rather than immediate dangers, which can leave the nervous system feeling stuck in a state of alert.

#### One Small Thing That Helps

A simple but powerful way to calm the body is to slow your breathing. Try breathing in gently through your nose for four seconds, then slowly breathing out for six seconds. Even doing this for a minute or two signals to your nervous system that it is safe to relax, helping your body move out of its alarm state and back into balance. 🌿



Thank you for taking the time to read this issue. My hope is that each edition of Mission Self Reset offers a little insight, reassurance, and practical support for navigating modern life. Follow me on Facebook to stay updated with future issues and more from Mission Self Reset.

<https://www.facebook.com/pinkhammerton>

*Follow  
me*



And remember, anxiety and stress are experiences many people share, and understanding them is the first step towards regaining balance. Through Mission Self Reset, we will continue exploring ways to support wellbeing in everyday life.

