



The Midlife Style & Wellness Reset

*5 Ways Your Style, Mindset &
Wellbeing Are Beautifully Connected
in Midlife*

***A guide for women navigating midlife who are
ready to feel like themselves again.***

ELISA TRAYNER
LIFE INTENTIONALLY STYLED

www.elisatrayner.com

A NOTE FROM ELISA

Welcome, lovely.

If you're reading this guide, chances are something has shifted. Maybe you catch your reflection and don't quite recognise the woman looking back. Maybe your wardrobe feels like it belongs to someone else — a version of you from before. Maybe you've been quietly telling yourself you'll sort it out when — when you lose the weight, when you feel better, when life settles down.

Here's what I want you to know: *you don't have to wait.*

Midlife is one of the most profound transitions a woman moves through. Your body is changing, your hormones are shifting — and with them, often quietly and without warning, your sense of who you are. The woman you were in your thirties and forties isn't disappearing. She's evolving. Growing into someone deeper, wiser, and more fully herself.

What I've seen, time and again, is that style, mindset and wellbeing aren't separate conversations. They're all connected. When you start paying attention to one, something shifts — and you find yourself looking at everything differently.

This guide gives you five gentle but genuinely powerful ways to start reconnecting with yourself — not the woman you used to be, but the one you're becoming.

As Ralph Waldo Emerson once said....

***“The only person you are destined to become,
is the person you decide to be”***

This is your time to decide.

With love,

Elisa

Your Colours Are Your Energy

Have you ever put on an outfit and felt immediately flat — even if the clothes were perfectly nice? Or worn a certain colour and had people say you look radiant, even when you hadn't slept well? This isn't coincidence.

Your natural colouring — the undertone of your skin, the depth of your eyes, the warmth or coolness in your hair — creates the foundation for the colours that will always work *with* you, not against you.

In midlife, this matters more than ever. As our colouring naturally softens — hair lightens or goes grey, skin tone shifts — many women make the mistake of reaching for darker, heavier shades to compensate. Often, the opposite serves us better. Softer or more luminous colours near the face can lift your complexion and make you look refreshed.

But there's a deeper connection here too. Colour affects our mood and energy. Wearing shades that harmonise with your natural colouring means you stop wasting energy fighting your reflection — that energy goes back to *you*.

Confidence, as any woman who knows her colours will tell you, is not just about aesthetics. It's about feeling aligned.

REFLECTION

Think of the last time you felt truly radiant in what you were wearing. What colours were you in? How did you feel that day — not just physically, but emotionally?

Now think of something hanging in your wardrobe that you never quite feel right in. What colour is it? How does it make you feel when you put it on?

Dressing Your Body Is an Act of Self-Respect

Midlife brings very real physical changes — shifts in where we carry weight, changes in skin texture, changes in posture and proportion. For many women, this creates a complicated, painful relationship with their body and by extension, their wardrobe. We start dressing to hide rather than to celebrate.

If there's one thing I want every woman I work with to hear, it's this: ***your body is not a problem to be solved.***

Understanding your shape — not as a limitation, but as a set of proportions, transforms the way you get dressed. Suddenly, getting dressed becomes an act of care and creativity, rather than a daily battle.

When you know your shape and how to dress it with intention, something shifts in your relationship with yourself. The critical internal voice quietens. You stand a little taller. You take up a little more space — and you deserve to.

This is where style and wellness genuinely intersect: in the daily act of choosing to honour your body exactly as it is right now.

“Dressing well was never about having the perfect body. It's about understanding the one you have.”

GENTLE SHIFT TO TRY THIS WEEK

Stand in front of your wardrobe and remove three items you only keep out of guilt — things that don't fit, that you keep "just in case", or that make you feel bad when you see them. Notice how the wardrobe feels lighter. Notice how you feel lighter.

Your Mindset Shapes What You See in the Mirror

The way you see yourself in the mirror has very little to do with what's actually reflected there. It has everything to do with the story you're telling yourself.

In midlife, many of us are carrying the weight of years of quiet self-criticism. We've told ourselves we'll feel confident when we're smaller, fitter, younger-looking. We've borrowed our sense of self-worth from external validation that feels increasingly elusive. Midlife — with all its changes and challenges — offers a genuine invitation to let all of that go.

Mindset work and style work are deeply connected. When you begin to challenge the internal narrative — *'I'm too old for that', 'that's not for women my age', 'I'll never look like I used to'* — and replace it with curiosity and compassion, your outer world begins to shift too. You start making choices from a place of self-respect rather than self-punishment.

You start dressing for the woman you are becoming, not mourning the one you used to be.

MINDSET REFLECTION

What story are you currently telling yourself about how you look? Write it down without judgment. Now rewrite it — not with false positivity, but with the kindness you would offer a dear friend.

How You Nourish Your Body Shows in How You Carry Yourself

Wellness and style are both, at their heart, about the relationship we have with our bodies. And in midlife, the way we nourish ourselves — the foods we choose, the water we drink, the way we rest — has a profound effect not just on how we feel, but on how we look and how we carry ourselves.

When we are well-nourished, rested, and moving in ways that feel good (not punishing), we stand differently. Our skin has a different quality. Our eyes are brighter. We walk into a room with a different energy. No outfit can substitute for that vitality — but the right outfit can absolutely amplify it.

This is not about perfection. It is not about being on a diet or hitting the gym every day. It's about recognising that your body in midlife has new needs, and meeting those needs is one of the most loving, stylish things you can do for yourself. When you feel well from the inside, getting dressed becomes a joy rather than a chore.

EAT WITH COLOUR

Just as your wardrobe benefits from a palette, so does your plate. Rich, vibrant whole foods support skin health and hormone balance in midlife.

MOVE WITH JOY

Find movement that feels like a gift to your body, not a punishment. Walking in nature, yoga, dancing — anything that makes you feel alive and at home in yourself.

REST WITHOUT GUILT

Sleep is where your body repairs itself. Prioritising rest is not indulgence — it is maintenance, and it will show on your face and in your energy.

Your Style Is Your Identity — And It's Allowed to Evolve

One of the most common things I hear from women in midlife is: *"I don't know who I am anymore."*

The children may have grown. Careers may have changed. Relationships may have shifted. And the woman in the mirror no longer matches the one you feel yourself to be on the inside.

You were never meant to be the same woman at 52 that you were at 32. Midlife gives you permission — often hard-won — to shed what no longer fits and step into who you are actually becoming.

What I've found, working with women through this transition, is that style is often the key that unlocks everything else. When you dress for the woman you are now — not the one you used to be, not the one you think you should be — something shifts.

A quiet confidence. A sense of possibility. A feeling that life isn't winding down — it's just getting interesting.

This is the heart of everything I do. Where style meets wellbeing, and midlife becomes something to step into with curiosity and excitement.

"You are not past your prime. You are stepping into it."

READY TO GO DEEPER?

You've taken the first step. Let's keep going

If this guide has resonated with you, I'd love to support you further. Here are three beautiful ways we can work together:

IN PERSON STYLING APPOINTMENTS

Understanding your colours and shape unlocks everything else



ELEVATE

1:1 online program



THE MASTERCLASS COLLECTION

On-demand video classes to help you edit, plan and love your wardrobe all year round.



Not sure where to start? Let's have a conversation.

*If you're not sure which is right for you — just reach out.
We'll figure it out together.*

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