

What is Menopause?

Workbook



**Empower Your Menopause Journey:
Self-Care Strategies to Nurture Mind, Body, and Spirit**



Symptom Relief Strategies Worksheet

This worksheet helps you explore which strategies or treatments provide relief from menopause symptoms. Tracking what works allows you to better manage your symptoms and focus on the approaches that make a difference.

| Symptom | Strategies that Help: |
|---------|-----------------------|
| | 1. 2. 3. |

Tip: Regularly update this worksheet to track new strategies and their effectiveness.

Mapping Your Support System

Having a reliable support system is essential during menopause. Take a moment to reflect on the people who provide support in different areas of your life. Write down the names of individuals who currently support you emotionally, practically, socially, and professionally. Use the space below to organize them by the type of support they offer.

The diagram is a central hub-and-spoke model. At the center is a circular icon representing a person, with a white outline and a dark purple fill. Four lines radiate from this central icon to four surrounding rectangular boxes. Each box is titled with a type of support: 'Practical Support' (top-left), 'Community Support' (top-right), 'Emotional Support' (bottom-left), and 'Social Support' (bottom-right). Each title is contained within a dark purple rounded rectangle. The boxes themselves are white with a dark purple border and contain several horizontal lines for writing. A small dark purple dot is located at the end of each line connecting the box to the central icon, indicating a connection point.

By mapping out your support system, you can better recognize the resources you have and identify areas where you may need additional support.

Boost Your Mood: Easy Tips for a Brighter Day

Taking care of your emotional well-being is essential, especially during times of transition like menopause. Boosting your mood can be simple with a few mindful strategies that help uplift your spirits and promote a positive outlook. Use these 16 tips to improve your mood whenever you feel down or need an emotional lift.

Get Moving:

Take a brisk walk or do light stretching to release endorphins and lift your spirits.

Breathe Deeply:

Pause and take a few deep breaths to calm your mind and reduce stress.

Connect with Nature:

Spend time outside, even for a few minutes, to enjoy the fresh air and greenery.

Stay Hydrated:

Drink plenty of water to keep your body and mind feeling fresh and energized.

Express Gratitude:

Write down three things you're grateful for today to focus on the positives.

Try a Creative Hobby:

Engage in something creative, like drawing, journaling, or knitting, to express yourself.

Limit Screen Time:

Step away from your phone or computer to reduce overwhelm and refresh your mind.

Plan Something Fun:

Look forward to a fun activity, even if it's something small, to lift your mood.

Take a Break:

Pause from your tasks and give yourself permission to rest and recharge.

Talk it Out:

Call a friend or loved one to share your thoughts and feel connected.

Declutter a Space:

Tidying up a small area can help clear your mind and create a sense of accomplishment.

Practice Kindness:

Do something kind for someone else, even a small gesture, to boost both their mood and yours.

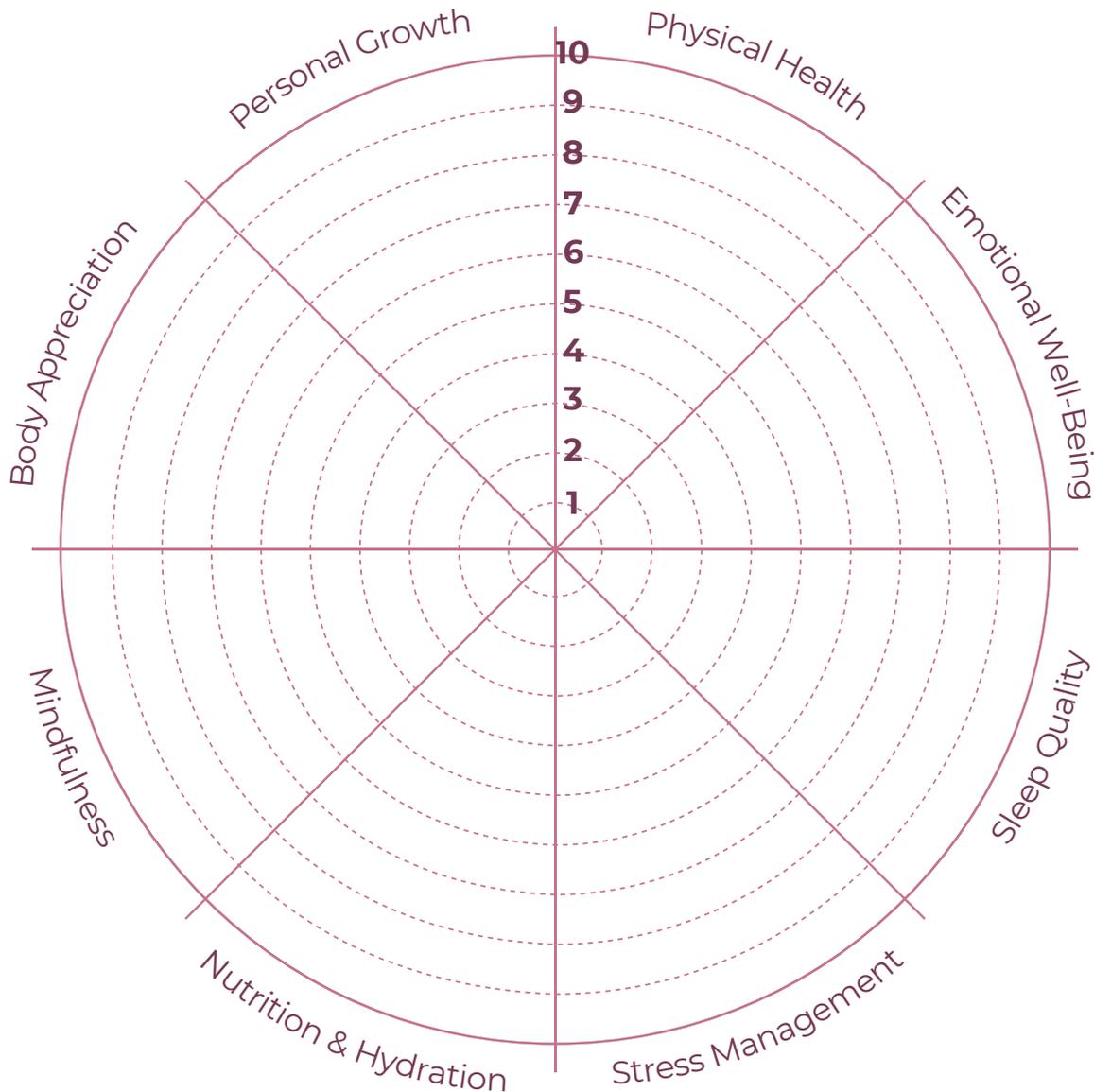
Tips for Better Sleep

Sleep disturbances are common during menopause, but there are simple strategies you can try to improve your sleep quality and wake up feeling more rested. This worksheet offers tips to help you manage symptoms like night sweats, insomnia, or anxiety that might be disrupting your sleep during menopause.



Wheel of Self-Care

Track Your Menopause Self-Care Journey with Colors! Each shade on this wheel represents a step in caring for yourself during menopause. Rate each aspect from 1 to 10. This colorful guide helps you prioritize self-care and navigate menopause with balance and support.



Use this wheel as your ongoing menopause wellness tracker! Whether you revisit it every few months or once a year, it's a helpful tool to reflect on your self-care journey & progress. Each review marks a new chapter in your growth and well-being during this life transition.

Self-Care Bingo

Circle the menopause self-care actions you've practiced this week, and take a moment to acknowledge your efforts in supporting your well-being. Each small step brings you closer to feeling more balanced and resilient during this transition. Use this as a reminder to continue these habits as you navigate menopause with care and confidence.

| | | |
|--------------------------------------|-------------------------------------|-------------------------------------|
| Drank 8 glasses of water today | Took a 10-minute stretch break | Tried a new relaxation technique |
| Went for a walk outside | Slept at least 7 hours last night | Practiced deep breathing for stress |
| Journalled about my feelings today | Took time for a healthy snack | Focused on positive self-talk |
| Spent time doing something I love | Reached out to a friend for support | Set a small goal and achieved it |
| Listened to my body's needs today | Took a 5-minute break to relax | Read or learned something new |
| Made time for a mindfulness exercise | Spent 15 minutes in nature | Took a moment to celebrate myself |



Menopause Journal

This journal is your personal space to reflect on your thoughts, feelings, and experiences as you navigate menopause. Use these daily statements to guide your reflections, focusing on the positive moments, victories, and growth throughout your journey. **Remember, this is your space - explore it at your own pace.**

| Day | Statement | Your Reflection |
|-----|--|-----------------|
| Mon | Today I felt energized when... | |
| | A small victory I had today was... | |
| | I felt grateful for... | |
| Tue | I enjoyed myself when... | |
| | Something that made me smile was... | |
| | I was successful in... | |
| Wed | I felt accomplished when... | |
| | One thing I appreciated about today... | |
| | A positive moment from today was... | |
| Thu | I had fun when... | |
| | Today, I surprised myself by... | |
| | Something kind I did today... | |
| Fri | I felt happy when... | |
| | A challenge I handled well today was... | |
| | A compliment I gave or received today... | |
| Sat | I laughed today when... | |
| | Something new I learned today was... | |
| | One thing I was proud of today... | |
| Sun | I felt content when... | |
| | A positive thing about me today... | |
| | I felt strong when... | |

Journaling Prompts

Journaling is a powerful tool for navigating the changes menopause brings. These prompts offer space to reflect on your emotions and experiences, helping you gain clarity and embrace this transition with greater self-compassion.

Emotional Well-Being

How have my emotions shifted since starting menopause, and how have I coped with these changes?

What emotions do I tend to suppress or ignore, and how can I allow myself to feel them more openly?

How has menopause influenced my stress levels, and what self-care practices can help me manage them?

Physical Changes

How do I feel about the changes in my body since menopause began, & how has this affected my self-image?

What are three things I appreciate about my body, despite the changes menopause has brought?

What menopause symptoms are most challenging, and how can I better support my body?

Identity & Self-Reflection

What aspects of my identity do I feel I've lost, and what new aspects of myself have I discovered?

How do I want to redefine my sense of purpose or identity now that I'm entering this new stage of life?

In what ways can I honor the wisdom and experience I've gained as I move through menopause?

Relationships & Connection

How has menopause affected my relationships, and what changes would I like to make?

How have my intimate relationships shifted during menopause, and how can I nurture more connection?

What role do friendships play in helping me through this stage, and how can I strengthen these bonds?



Menopause Self-Assessment

This assessment helps you reflect on various habits and activities that can support your well-being during menopause. For each item, consider how often you practice it and check the box that best reflects your current behavior.

| Activity | Not at All | Sometimes | Regularly |
|--|-----------------------|-----------------------|-----------------------|
| I eat a balanced, healthy diet | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I exercise or engage in physical activity | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I drink enough water throughout the day | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I get 7-8 hours of sleep each night | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I take time for self-care and relaxation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I manage my stress levels with mindfulness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I meditate or practice breathing exercises | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I avoid processed or sugary foods | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I take vitamins or supplements as needed | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I maintain a healthy work-life balance | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I seek support from friends or loved ones | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I keep track of my menopause symptoms | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I focus on positive thinking | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I practice gratitude regularly | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I allow myself time to relax and unwind. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I engage in activities that bring me joy. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**Review your responses. Are there areas where you'd like to improve?
Which habits would you like to focus on more consistently?**



Daily Menopause Check-in

The Daily Menopause Check-In helps you assess how menopause is affecting different aspects of your day and where you might need extra care or support. Reflect on the questions below to gain insight into your well-being and identify steps to nurture yourself each day.

VERY
DISATISFIED

VERY
SATISFIED

How satisfied are you with your energy levels today?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How well did you manage any menopause symptoms today?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How satisfied are you with the quality of your sleep last night?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How well did you balance rest and activity today?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How satisfied are you with your mood and emotional well-being today?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How well did you handle stress or anxiety today?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How satisfied are you with the support you received or sought today?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How well did you prioritize self-care today?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

Menopause Check-in

The Menopause Check-In helps you assess how menopause is affecting different areas of your life and where you might need additional support or adjustments. Reflect on the prompts below to better understand how menopause is impacting your well-being and identify steps to care for yourself during this transition.

VERY
DISATISFIED



VERY
SATISFIED

How satisfied are you with your energy levels throughout the day?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How satisfied are you with the way you manage menopause symptoms?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How satisfied are you with your ability to handle stress during menopause?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How satisfied are you with the quality of your sleep?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How satisfied are you with your overall physical activity and movement?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How satisfied are you with your emotional well-being during menopause?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How satisfied are you with the support system you have in place?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

How satisfied are you with your ability to balance daily responsibilities & self-care?

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



Challenge Your Thoughts

During menopause, it's common for negative thoughts to take hold, leading to self-doubt or feeling overwhelmed. This worksheet is here to help you challenge those thoughts and develop a more balanced perspective.

Use the questions below to guide your thinking and transform self-doubt into something more manageable.

| | |
|---|--|
| 1 | Is this thought based on facts or assumptions? |
| 2 | What evidence do I have that supports or contradicts this thought? |
| 3 | Am I expecting the worst to happen, and is that realistic? |
| 4 | How would I respond if a friend had this same thought? |
| 5 | What is a more balanced or realistic way to view this situation? |
| 6 | How can I turn this negative thought into a more constructive one? |



Evidence-Based Thinking

When self-doubt takes over, it can feel overwhelming and hard to manage. This worksheet encourages you to approach those thoughts like a detective, examining the facts and evidence. By evaluating your doubts logically, you can gain clarity and reduce unnecessary self-criticism during your menopause journey.

The Concern: What specific doubt or negative thought is on my mind?

Supporting Evidence: What facts or evidence do I have that suggest my thought may be true?

Challenging Thought: What facts or evidence do I have that suggest my thought may not be true?

Final Judgement: After reviewing all the facts, do I believe my self-doubt or worry is likely or unlikely to be true?

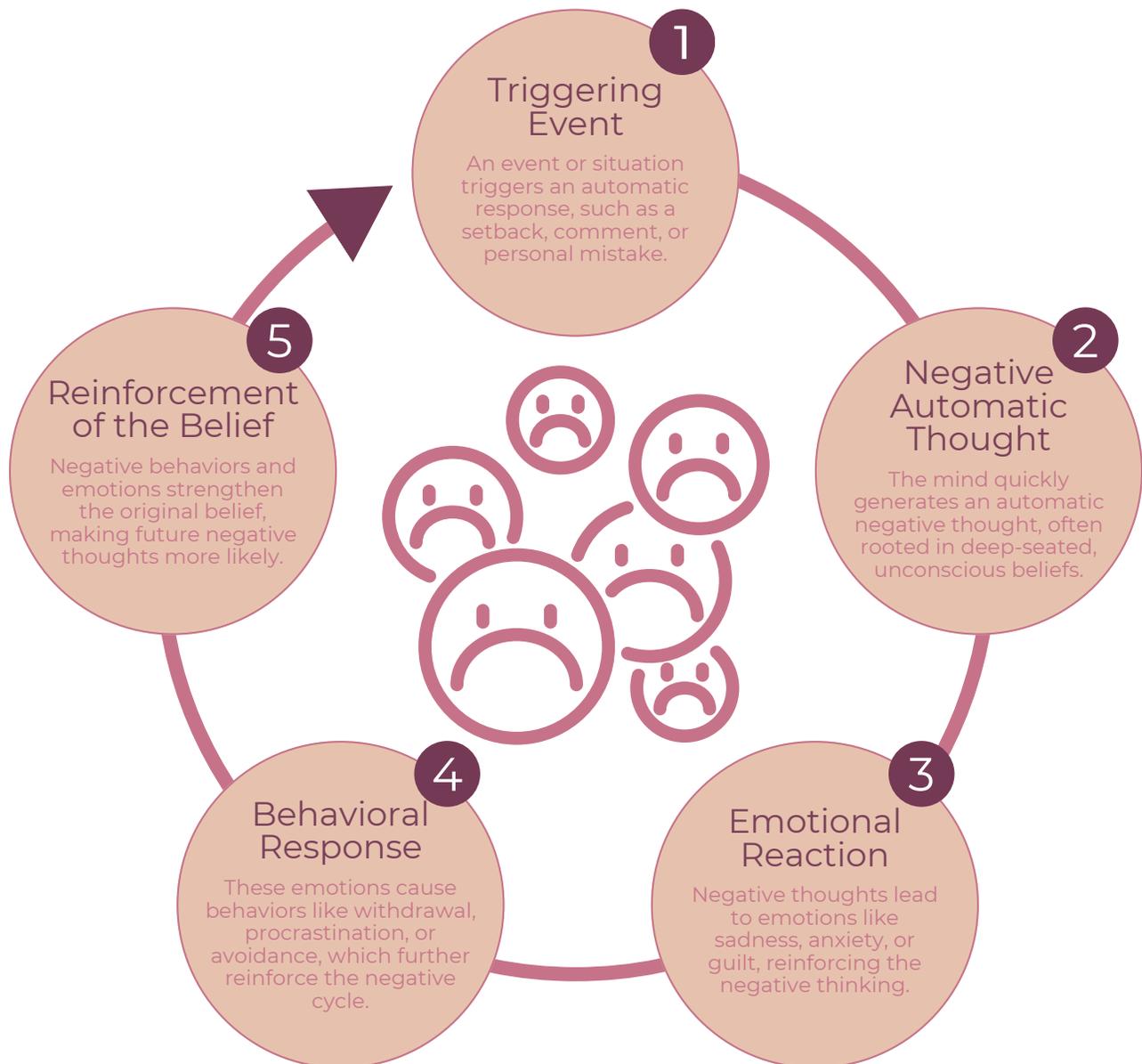
The Thought Reframer

Our thoughts influence how we feel and act, making it important to focus on positive thinking. This worksheet encourages you to take negative thoughts and reframe them into more positive, constructive ones, helping you navigate menopause with a healthier mindset.

| My Negative Thought | My Reframed Thought |
|---------------------|---------------------|
| | |
| | |
| | |
| | |
| | |

Negative Thought Cycle

The negative thought cycle shows how negative thinking can become an ingrained pattern, especially during menopause. Recognizing this cycle is the first step to breaking it and promoting healthier, more balanced thinking. The cycle generally follows these stages:



By recognizing and addressing each stage of the negative thought cycle, you can start to break the pattern and replace negative thoughts with healthier, more empowering ones.

Creating a Positive Self-Talk Routine

In this exercise, you'll develop a daily routine to cultivate consistent positive self-talk. By focusing on encouraging affirmations each day, you'll gradually shift from negative thoughts to more supportive, empowering beliefs that help you navigate menopause with confidence.



Positive Self-Talk

Positive self-talk can greatly improve your confidence and help you manage challenging moments during menopause. By regularly using uplifting and supportive words, you become your own source of strength and reassurance. Use the space below to write a positive statement or thought for each situation that affects your self-esteem.

| Situation or Challenge | Positive Statement |
|------------------------|--------------------|
| ▶ | |
| ▶ | |
| ▶ | |
| ▶ | |
| ▶ | |
| ▶ | |
| ▶ | |

How to Recognize Negative Self-Talk

Recognizing negative self-talk is essential for building a healthier mindset, especially during menopause. Here are a few common signs that you might be engaging in negative self-talk, along with descriptions to help you better understand each one.



Catastrophizing

You immediately jump to the worst possible outcome, even if it's unlikely. This type of thinking creates unnecessary fear and anxiety.

Example:

"If this symptom doesn't go away soon, my whole life will fall apart."



Personalizing

You automatically blame yourself for things beyond your control, taking on responsibility for everything that goes wrong.

Example:

"It's my fault I can't manage these symptoms."



Discounting the Positive

You downplay your accomplishments or the positive aspects of your life, focusing only on what you haven't done.

Example:

"Sure, I went for a walk today, but it wasn't long enough to matter."



Should Statements

You constantly tell yourself what you "should" or "shouldn't" do, leading to guilt or frustration when reality doesn't match expectations.

Example:

"I should be able to handle this much better than I am."

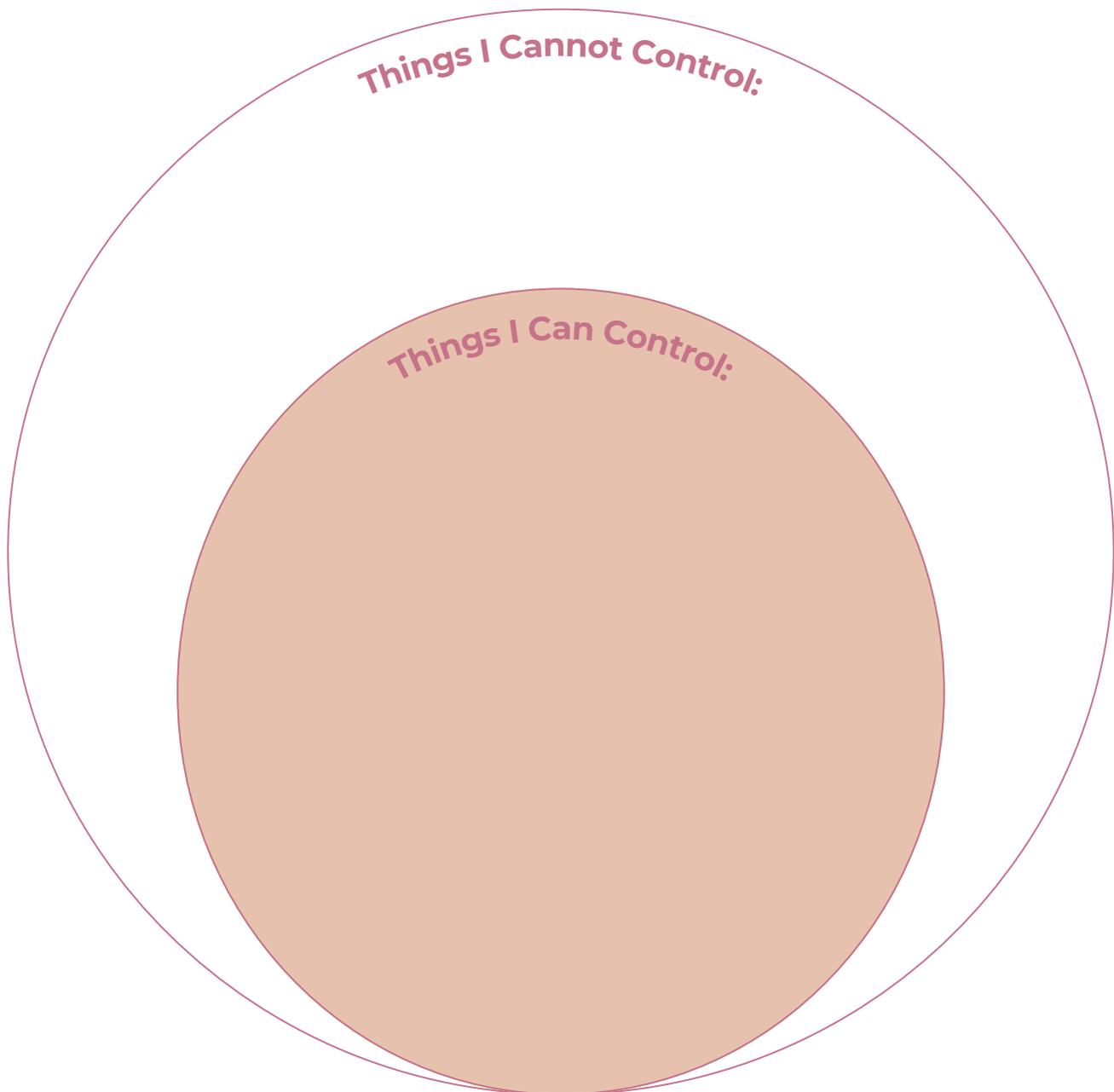
Negative Thinking Patterns

Negative thinking patterns during menopause can distort how you see yourself, your experiences, and the world. These patterns often lead to frustration, stress, and low well-being. By recognizing these thinking traps, you can challenge and reframe them into more balanced, realistic thoughts.



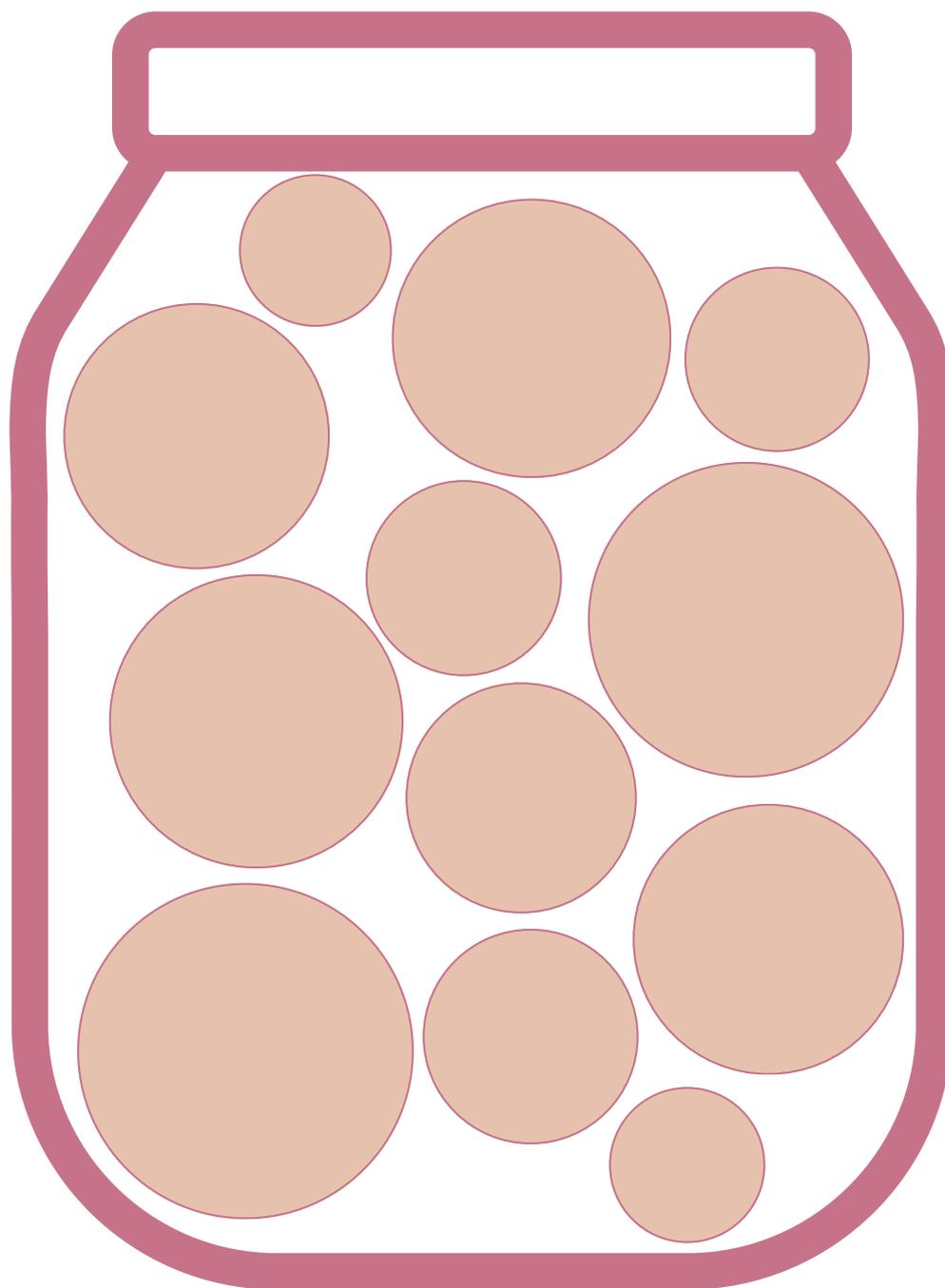
My Circle of Control

Menopause brings changes that can feel beyond your control, like hormonal shifts or certain physical symptoms. However, there are still many aspects of your life that you can influence. Use this exercise to separate what you can and cannot change. Focus on your mindset, self-care habits, emotional responses, and how you interact with others during this transition.



My Gratitude Jar

Use the gratitude jar below to write down the things you're thankful for throughout your menopause journey. Whenever you feel overwhelmed or need a boost, take a moment to look through your notes as a reminder of the positive aspects in your life.





Today's Gratitudes

Each day brings small moments of gratitude that we might overlook. Use the space below to reflect on and write down what you're thankful for today as you navigate your menopause journey.

Today I am Grateful for

1.

2.

3.

I am grateful for these people

1.

2.

3.

My top memories

1.

2.

3.

The highlights of today

1.

2.

3.

Things that made me smile

1.

2.

3.

Overall comments for the day

1.

2.

3.

Gratitude Journaling

Gratitude journaling is a simple but powerful practice that involves writing down things that you are grateful for each day. This practice can help shift your focus from negative to positive, improve your mood, and increase your overall sense of well-being. Use this worksheet to practice gratitude journaling and reflect on the things in your life that you are thankful for.

| What three things (big or small) am I grateful for today? | | |
|---|----|----|
| 1. | 2. | 3. |

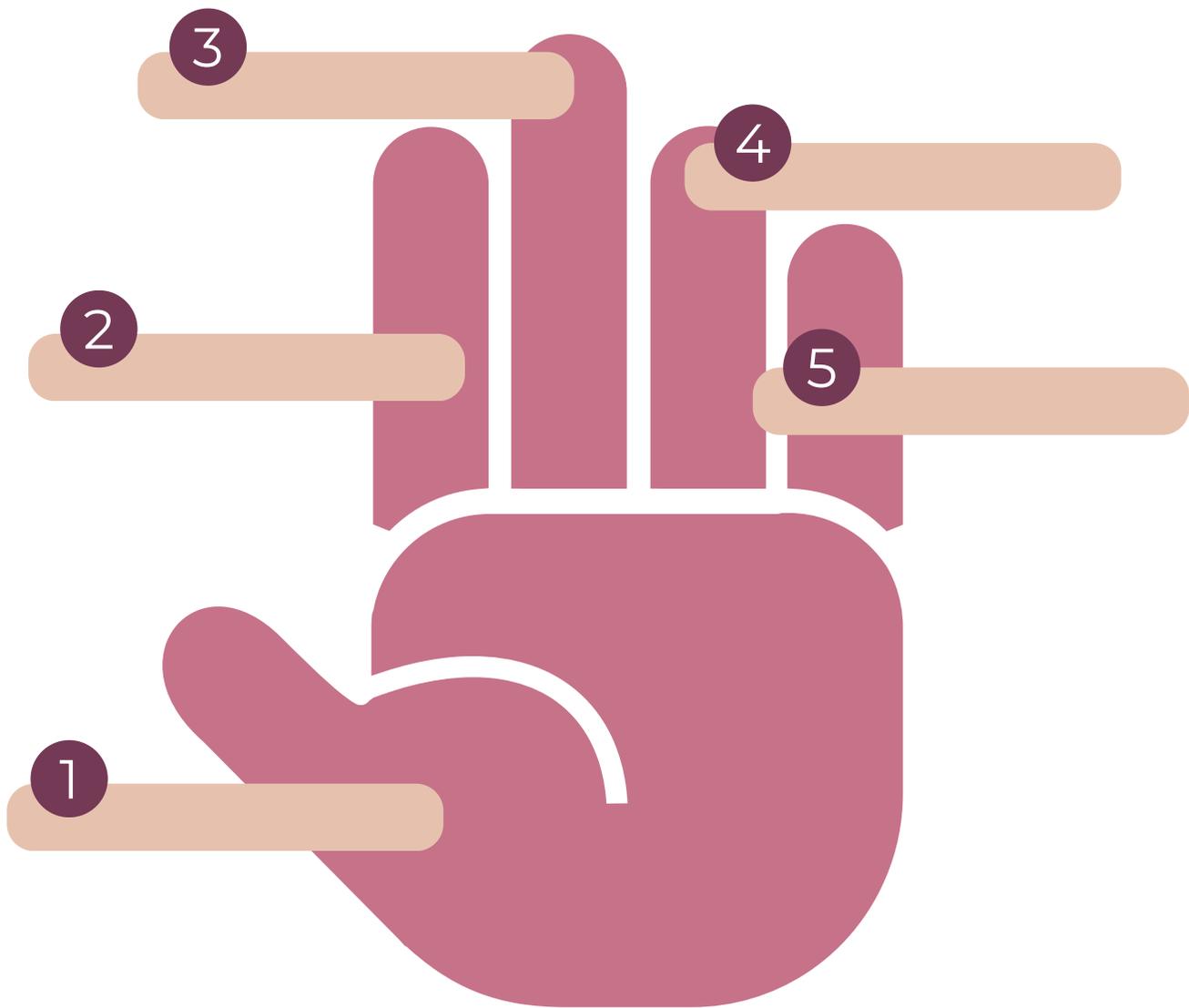


| Write a few sentences about why you're grateful for each of these items. Be as specific and detailed as possible. | | |
|--|----|----|
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| 3. | 3. | 3. |

Now take some time to yourself to reflect on how expressing gratitude makes you feel. Try to notice any changes in your mood or perspective.

Hand of Gratitude

Think of five things you're truly thankful for and write them down on the hand below. Make this a regular practice, whether it's at the start of your day, before bed, or during challenging moments, to help foster a sense of gratitude throughout your menopause journey.

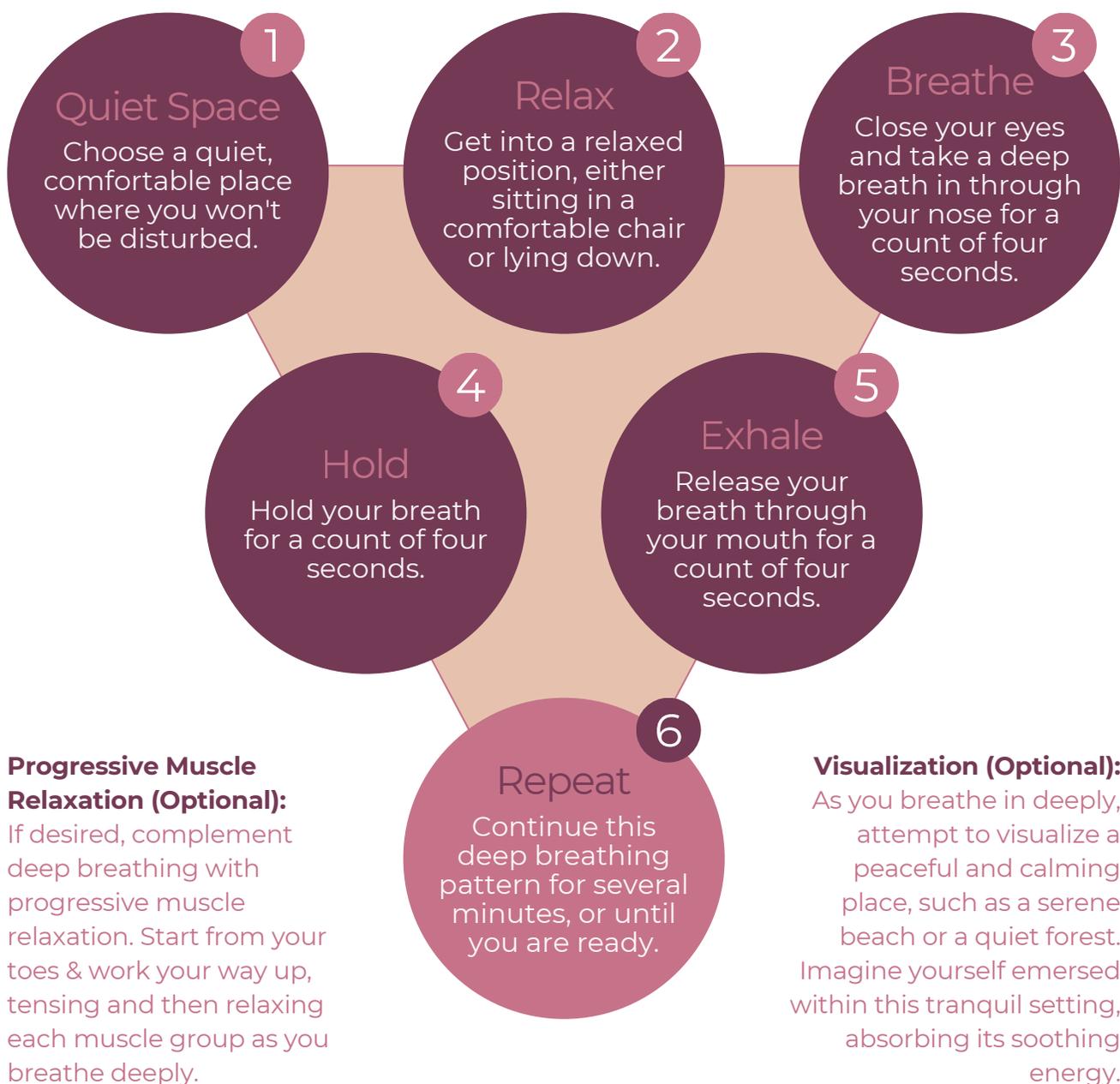


**"Gratitude turns what we
have into enough."**

- Aesop

Deep Breathing & Relaxation Techniques

One effective way to cope with intense emotions and impulsivity is through deep breathing and relaxation techniques. These exercises help you regain a sense of calm and control in the midst of emotional turmoil.



4-7-8 Breathing

The 4-7-8 breathing technique is a simple yet effective way to reduce stress and promote relaxation. By following a specific pattern of inhaling, holding, and exhaling, you can help calm your nervous system and create a sense of balance. Before you begin, find a comfortable place to sit and remove yourself from all distractions.



Tip for Practicing 4-7-8 Breathing

For best results, practice the 4-7-8 breathing technique twice a day, ideally in the morning and before bed. Over time, this practice can help you manage stress more effectively and improve your overall sense of calm and well-being.

4

Slowly breathe in through your nose for a count of 4, feeling your abdomen rise as you fill your lungs with air

7

Gently hold your breath for a count of 7, noticing the pause

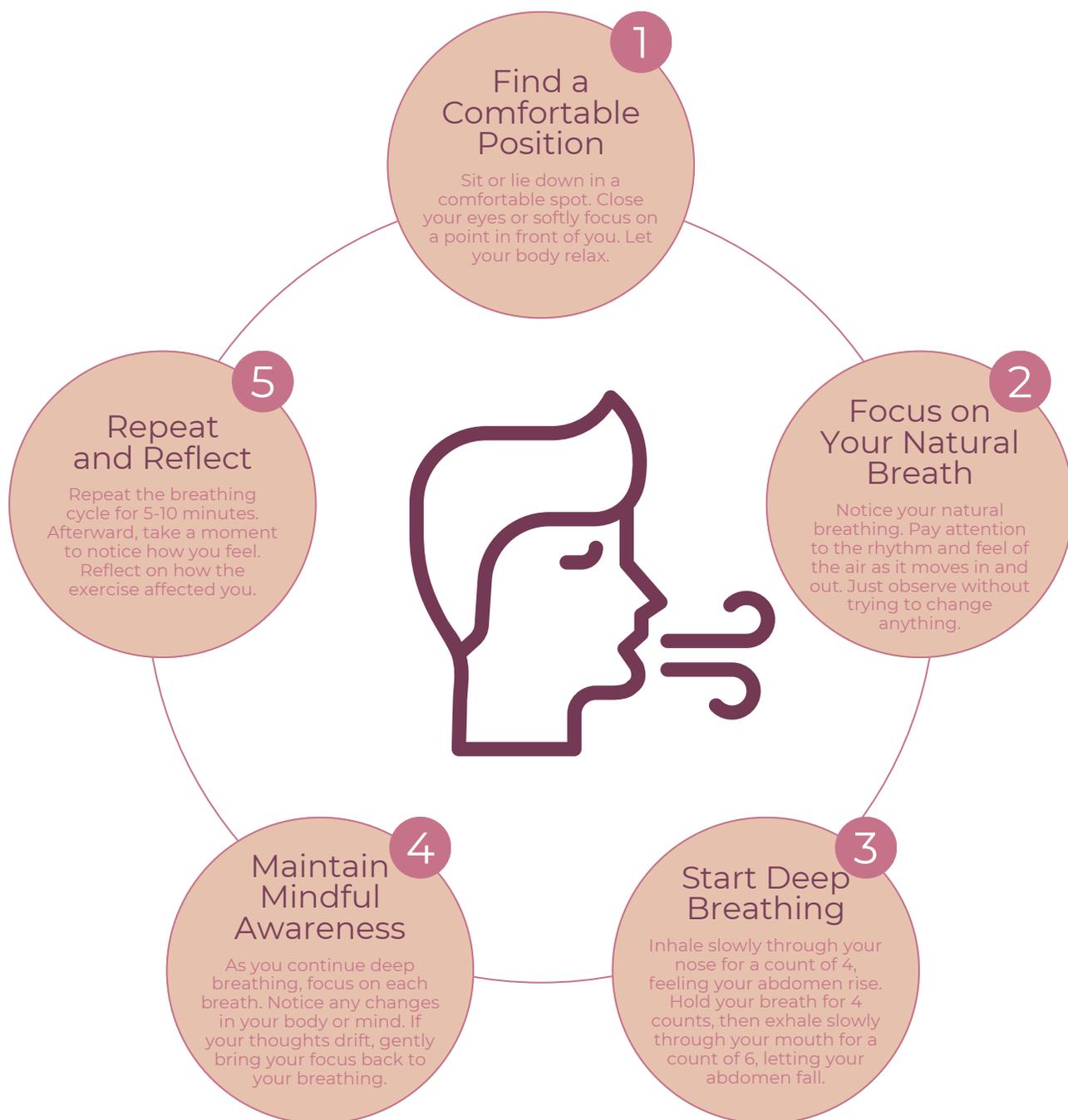
8

Exhale completely through your mouth, making a whooshing sound, for a count of 8

Repeat 4x

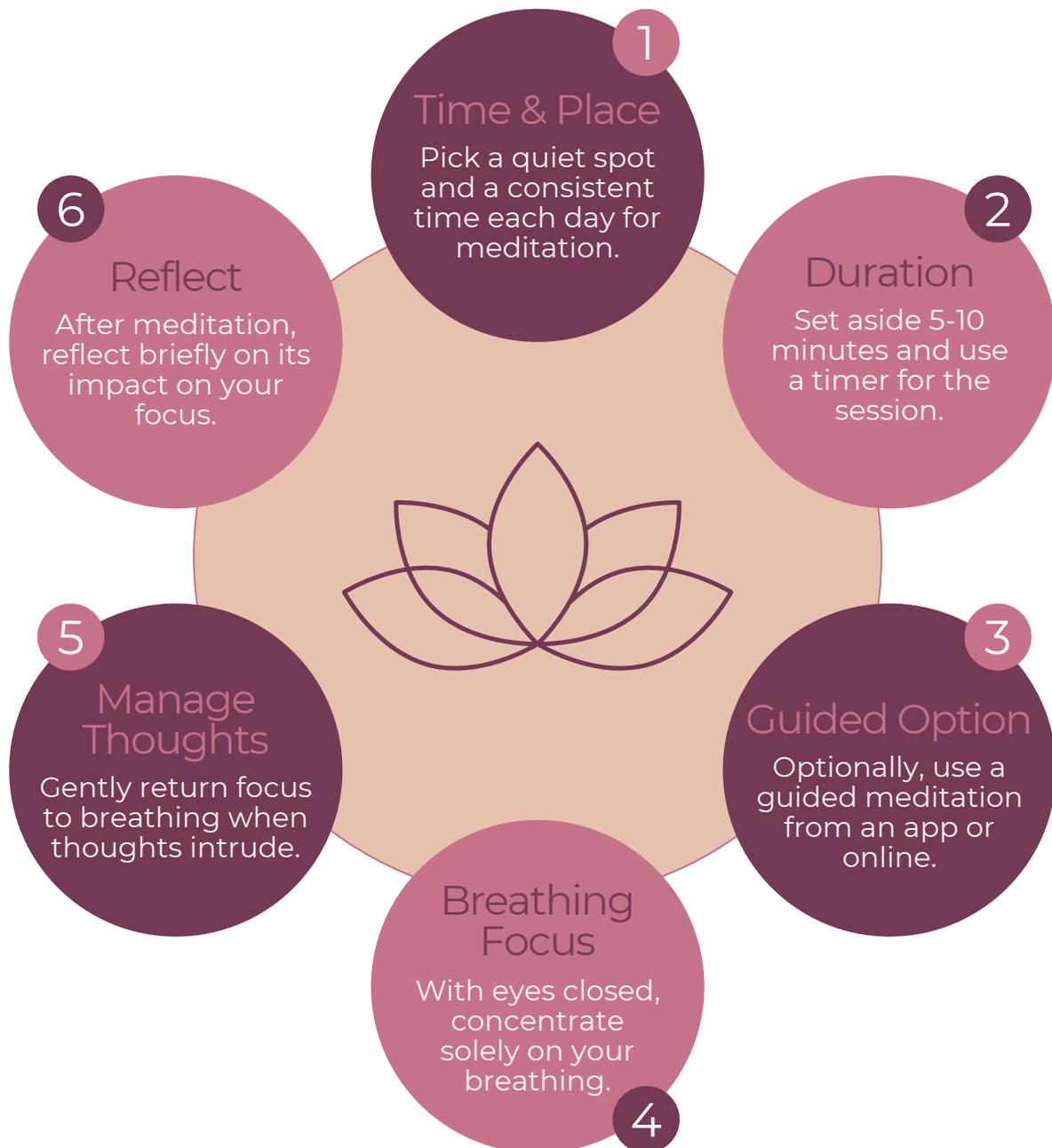
Mindful Breathing Practice

In this exercise, you'll practice Mindful Breathing, a simple but effective technique for reducing stress and anxiety. By focusing on your breath, you can anchor yourself in the present moment, helping you feel calmer and more in control.



Daily Mindfulness Meditation

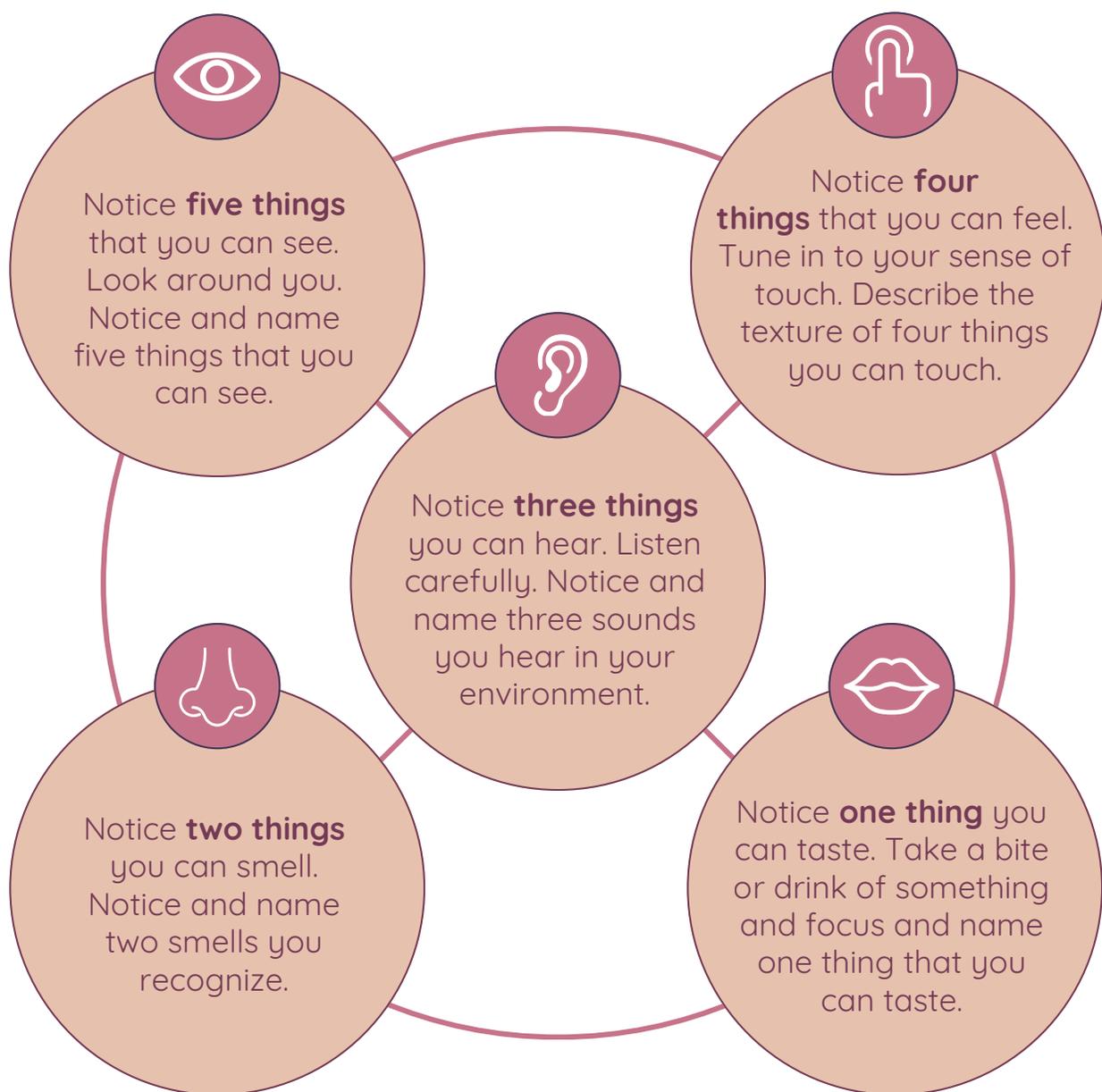
To enhance present-moment awareness and focus, crucial for individuals with ADHD in improving time management and daily productivity.



5-4-3-2-1

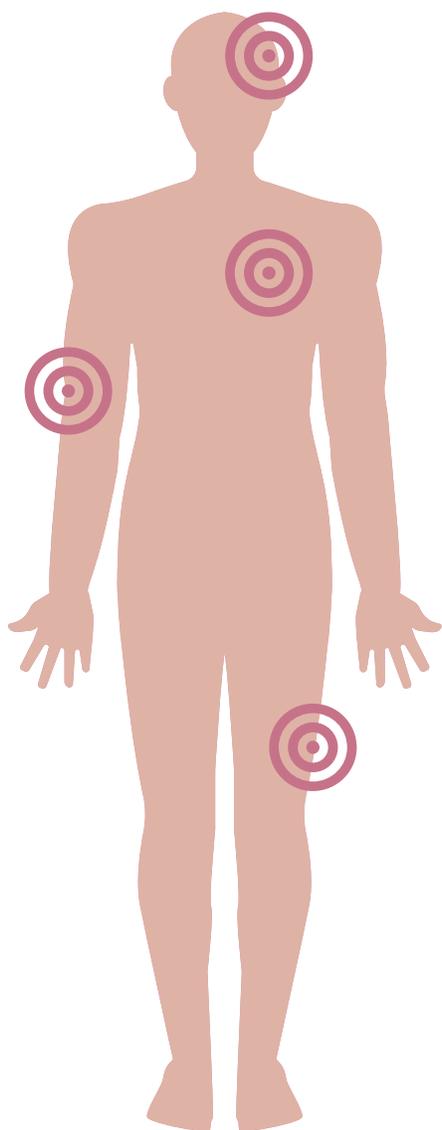
Grounding Technique

The 5-4-3-2-1 grounding technique is a simple yet effective way to bring yourself back to the present moment, especially when you're feeling overwhelmed or anxious. By engaging your five senses, this exercise helps you refocus your mind, calm your nerves, and reduce stress.



The Body Scan

The Body Scan is a technique that helps you reconnect with your body and the present moment. By focusing on different body parts, you can become more aware of sensations, release tension, and calm your mind. This exercise is useful for reducing stress, anxiety, and promoting relaxation.



● Step 1: Find a Comfortable Position

Sit or lie down, close your eyes or keep them softly open. Take a deep breath to center yourself.

● Step 2: Focus on Your Breath

Take a few deep breaths, then let your breathing settle into a natural rhythm.

● Step 3: Begin the Body Scan

Start at the top of your head. Notice sensations or tension and move your focus down to your face.

● Step 4: Move Down Through Your Body

Scan down through your neck, shoulders, and arms, releasing tension with your breath.

● Step 5: Focus on Your Torso and Legs

Focus on your chest, stomach, and back. Continue scanning down through your hips, legs, and feet.

● Step 6: Notice Your Whole Body

Feel your entire body. Notice any overall sensations or relaxation.

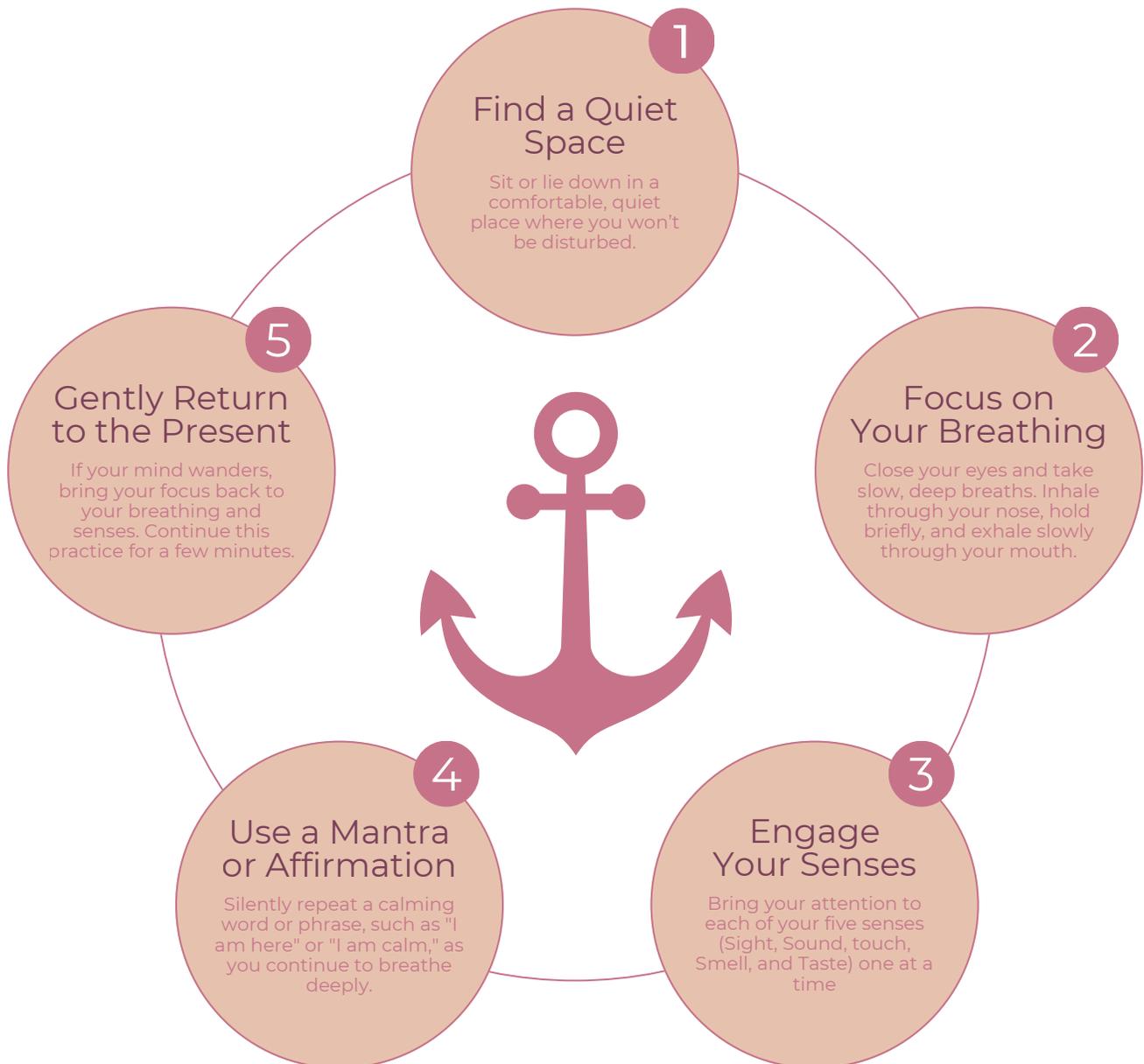
● Step 7: Take a Final Deep Breath

Take a final deep breath, feeling grounded, and slowly refocus on your surroundings.

In moments of physical or emotional discomfort, pausing to connect with your body can foster a deeper sense of awareness and self-care, replacing tension with acceptance and helping you restore balance from within.

Anchoring in the Present

This exercise is designed to help you stay grounded during the changes menopause brings by focusing on the present moment. By anchoring yourself in the here and now, you can ease worries about the future and cultivate resilience as you navigate this transition.



Take a moment to appreciate the calm that comes from focusing on the present. Use this practice whenever you need to feel grounded and balanced.

The Self-Compassion Break

This exercise is designed to help you pause in moments of difficulty, offering yourself kindness and understanding. It's a simple yet powerful way to break away from self-criticism and embrace self-compassion.

1

Acknowledge the Struggle

When you're going through a tough time, pause and take a moment to acknowledge what you're feeling. Name the emotion (e.g., "I'm feeling sad," or "I'm really frustrated right now") and recognize that this is a moment of difficulty.

2

Remember Common Humanity

Remind yourself that you are not alone in your struggle. Everyone goes through hard times, and making mistakes or facing challenges is part of being human. This recognition helps to ease feelings of isolation and self-judgment.

3

Be Kind to Yourself

Place a hand over your heart or gently hold your hands, and speak kindly to yourself. You could say, "I'll be kind to myself right now," or "It's okay to feel this, I'm doing my best." Choose words that feel supportive and comforting.

In moments of challenge, pausing to show yourself kindness can shift your mindset, replacing self-criticism with self-compassion, and helping you build inner strength.

Calming & Refocusing Techniques

Change your thinking

Think of a time when you felt the way you want to feel. Visualize the experience, be in that moment once again and feel the positive feelings.

Change Your Physiology

Alter your posture, adopting a positive posture will naturally make you feel calmer. Start smiling, because when you smile you release the body's natural feel good chemicals in the brain.

Start Moving

Getting your body moving via things like exercising will release the body's natural mood enhancing chemicals which are proven to be powerful mood enhancers.

Deep Breathing

Breathing deeper and taking twice as long to breath out than breathing in will have a calming effect. Breath in for a count of 6 seconds and out for a count of 12 seconds.

Relax Your Muscles

Relieve tension in any part of your body just by relaxing each muscle in turn. Sitting in a comfortable chair: Close your eyes and concentrate on your breathing. Slowly breath in through your nose and out through your mouth

Eat

Food is psychoactive, and therefore eating will alter your state of mind. However, this is not a long-term solution and continuous eating will have negative effects such as weight gain.

Use Warm Water

Immersing any part of our bodies in warm water engages the calming parasympathetic nervous system. This can be done by taking a bath, going for a relaxing swim or taking a time out in a hot tub.

Listen to Music

Music is effective in reducing a person's psychological response to stress. The body may produce fewer stress hormones and the nervous system may recover faster after exposure to stress.

My Acts of Kindness

These simple acts of kindness can uplift both you and those around you, creating a sense of connection and support during menopause. Use the list below to inspire small actions of generosity and positivity in your daily life.

Compliment someone sincerely

Donate clothes to charity

Volunteer your time locally

Offer help to a neighbor

Offer your seat on public transport

Pick up litter in your local area

Bring snacks to share at work

Help someone carry their bags

Offer to walk a friend's dog

Donate blood at a local drive

Surprise someone with flowers

Pay for a strangers coffee

Speak Kindly to Yourself

The way you speak to yourself has a powerful impact on your confidence and well-being, especially during menopause. Use this worksheet to practice speaking kindly to yourself and recognizing your positive qualities. Each statement serves as a reminder of your inner strength and self-worth.

I am resilient and capable of handling life's changes.

My body is strong and carries me through each day.

I trust myself to make choices for my well-being.

I deserve rest, care, and kindness every day.

My worth is not defined by age or physical changes.

I embrace the wisdom and lessons I've gained.

I am proud of how far I've come in my journey.

I honor my needs and listen to what my body says.

I am patient with myself as I navigate this transition.

I can overcome challenges with strength and grace.

I deserve to prioritize my health & happiness always.

My feelings are valid, & I allow myself to fully feel them.

I am deserving of love, compassion, and care daily.

I am enough, just as I am today and every day.

I celebrate the growth and positive changes I'm making.



My Life Story

Taking time to reflect on your life story during menopause can highlight the growth you've experienced, the strengths you've developed, and the values you want to carry forward. Set aside a moment to consider your past, present, and future self as you navigate this important transition.

Past Self

Write the story of your past self. Reflect on the experiences that have shaped you, the challenges you've overcome, and the strengths you've gained along the way. Think about how your journey has prepared you for this stage of life.

Every experience has shaped who you are today. Celebrate your growth and remember that each challenge has made you stronger.



My Life Story

Taking time to reflect on your life story during menopause can highlight the growth you've experienced, the strengths you've developed, and the values you want to carry forward. Set aside a moment to consider your past, present, and future self as you navigate this important transition.

Present Self

Write the story of your present self. Focus on the strengths you're using now, how you're navigating the changes of menopause, and the goals you're working toward today. Consider how you manage challenges and stay grounded in the present.

Right now, you are navigating change with courage and resilience. Embrace your strengths and trust yourself to keep moving forward.



My Life Story

Taking time to reflect on your life story during menopause can highlight the growth you've experienced, the strengths you've developed, and the values you want to carry forward. Set aside a moment to consider your past, present, and future self as you navigate this important transition.

Future Self

Write the story of your future self. Envision the person you want to become, the goals you hope to achieve, and how you'll continue to grow in the years ahead. Think about the values and aspirations that will guide you as you move forward.

The future is yours to shape. With the wisdom you've gained and the goals you set, you are capable of creating the life you envision.

A Guide to Self-Care

Self-care is essential for balance during menopause. It includes activities that reduce stress and support your physical and mental well-being. Anything that helps you feel rejuvenated and supported is part of self-care.

Emotional

Managing your emotions is key during menopause. Activities like mindfulness, journaling, or talking to a friend can help reduce emotional stress.

Caring for your body is essential. Gentle exercise, balanced meals, and good sleep can boost energy and help you feel stronger during menopause.

Physical

Personal

Engage in hobbies, relaxation, or creative activities that bring you joy. Personal self-care helps you recharge and maintain emotional balance.

Stay connected with loved ones or join a support group. Social connections reduce isolation and can improve your emotional well-being.

Social

Space

Create a peaceful and organized space at home. A clutter-free, calming environment can reduce stress and improve your sense of control.

Set boundaries, take breaks, and manage your workload. Self-care at work means balancing your tasks while protecting your well-being.

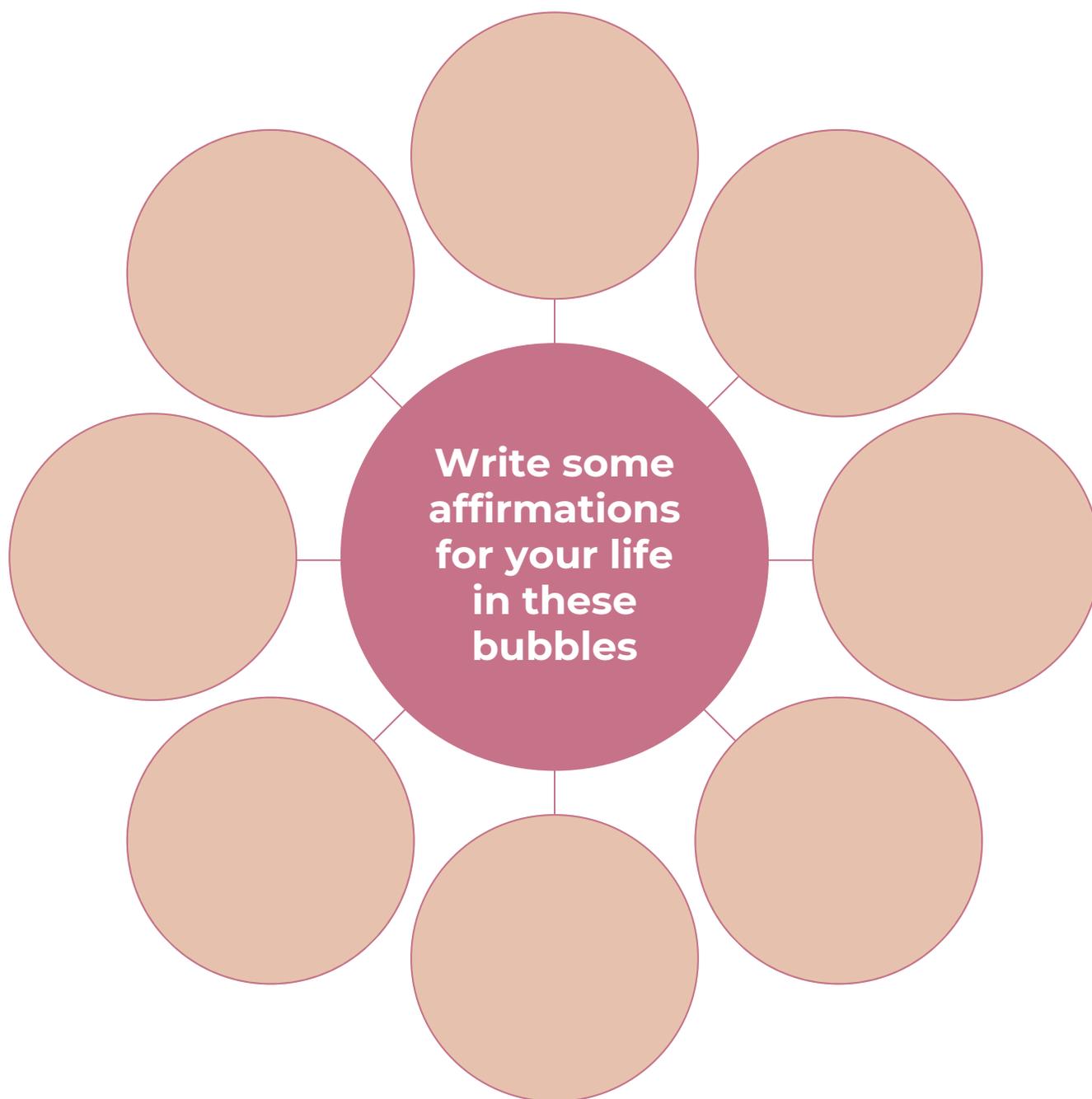
Work

Spiritual

Nurture your inner peace through meditation, prayer, or spending time in nature. Spiritual care can bring clarity and reduce stress.

Your Affirmations

Creating affirmations can be simple and empowering. Take a moment in a quiet space to focus on writing positive statements that will uplift your self-esteem and strengthen your sense of self-worth.





Positive Affirmations

At the end of each day, use the exercise below to reflect on your experiences and turn them into positive affirmations, such as: "I recognized my strengths today," "I showed confidence at work," or "I took a step toward valuing myself more."

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Make it a daily habit to say or do something uplifting for someone else, a colleague, family member, friend, or even a stranger. Record these positive interactions to remind yourself of the good you bring to the world and strengthen your self-worth.

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Incorporating Affirmations

Affirmations are powerful tools to help shift your mindset and embrace positive beliefs during menopause. By incorporating them into your daily routine, you can reinforce self-worth and stay focused on your well-being. This worksheet offers simple ways to integrate affirmations into your day, supporting you on your journey toward confidence and balance.



Morning Routine:

Start your day by saying your affirmations aloud while looking in the mirror. This sets a positive tone for the rest of your day.



Journaling:

Write down your affirmations in a journal each day, reinforcing your commitment to internalize these positive beliefs.



Visual Reminders:

Place your affirmations on sticky notes around your home, at your workspace, to keep these positive messages visible every day.



Use During Challenges:

In moments of self-doubt or stress, repeat an affirmation to ground yourself and shift your mindset.

Incorporating affirmations into your daily life helps create a positive mindset, boosts self-confidence, and reminds you to focus on your strengths, even during challenging times.