

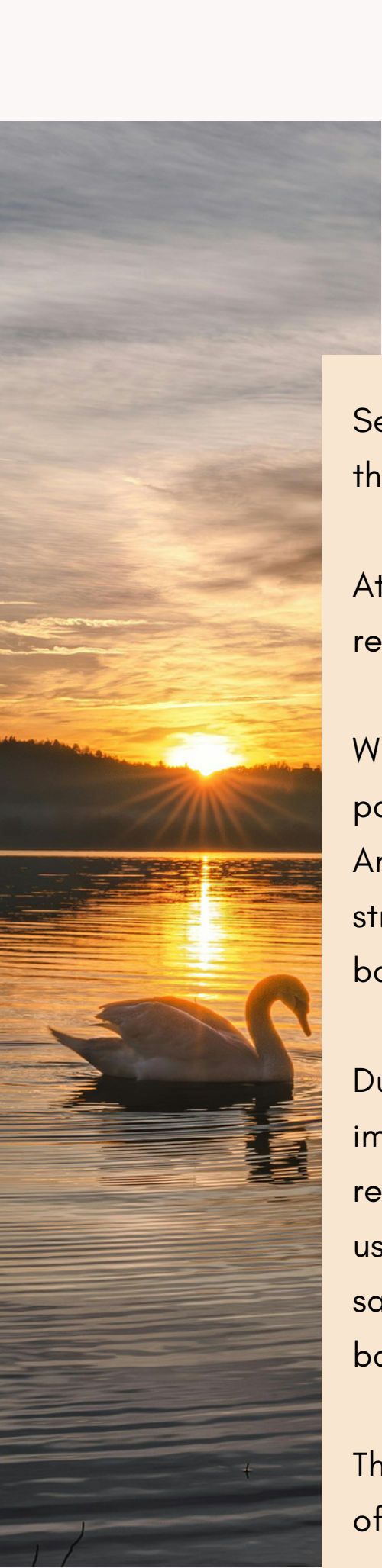


When You Choose Yourself



20 Nurturing Habits to Build Self-Love, Reduce Stress, and Flourish
Through Perimenopause + 10
Habits That Quietly Undermine It



A vertical photograph on the left side of the page shows a sunset over a calm body of water. The sun is low on the horizon, creating a bright orange glow and a reflection on the water. A white swan is swimming in the water in the foreground, facing right. The sky is filled with soft, orange and yellow clouds.

Introduction: Why Self-Love Matters More Than You Think

Self-love is not just about bubble baths, positive thinking, buying the thing, or doing more for yourself.

At its core, self-love is how safely your nervous system relates to you.

When you consistently treat yourself with care, patience, and respect, your body begins to feel safe. And when your body feels safe, everything shifts — stress reduces more easily, emotions become more balanced, sleep improves, and resilience grows.

During perimenopause, this becomes even more important. Hormonal shifts can amplify stress responses, making everyday life feel heavier than it used to. Self-love habits act like small signals of safety to your system, tenderly bringing you back into balance.

This handbook is designed to help you build that sense of inner safety through simple, everyday actions.

20 Habits That Build Self-Love & Trust

Self-love isn't something you find—it's something you nurture through the small choices you make each day. These simple habits are gentle reminders that you matter, your needs are important, and you deserve the same kindness and care you so freely give to others. With every small step, you'll strengthen self-love, build self-trust, and create a calmer, more balanced foundation for your wellbeing.



Let's Begin...

1. Speaking to yourself kindly

Your inner voice shapes your emotional state. Kind self-talk reduces stress responses in the brain and builds emotional safety.

2. Drinking water first thing in the morning

Rehydrates the brain and body after sleep, improving energy and reducing irritability early in the day.

3. Taking slow deep breaths during stress

Activates the parasympathetic nervous system, helping your body shift out of “fight or flight.”

4. Keeping small promises to yourself

Builds self-trust. Every follow-through tells your brain, “I can rely on myself.”



*You don't have to
be perfect to be
worthy of love—
you only have to be
yourself.*

5. Going to bed at a consistent time

Supports hormonal balance and stabilizes your mood by regulating circadian rhythm.

6. Taking 5-10 minutes - or more - of quiet, screen-free time each day

Reduces overstimulation and allows your nervous system to reset.

7. Moving your body gently

Walking or stretching releases built-up stress hormones and improves emotional regulation.



*Every small act of kindness you offer
yourself is a seed that grows into confidence,
peace, and self-trust.*



*Rest is not a reward
you've earned; it's a
gift your mind and
body deserve.*

8. Eating regular, nutritious meals

Prevents blood sugar dips that can trigger anxiety, fatigue, and mood swings.

9. Noticing your emotional state without judgment

Helps you respond instead of react, creating emotional awareness and calm.

*Speak to yourself as
you would to
someone you love
deeply. Your heart
is always listening.*



10. Limiting negative input
(news/social media)

Reduces cognitive overload
and prevents stress
amplification.

11. Stretching, swaying, or
gently shaking your body in
the morning

Signals safety to the nervous
system and helps release
overnight tension.

12. Saying "no" when you
need to

Protects your energy and
reinforces self-respect.

13. Celebrating small wins

Trains your brain to notice progress instead of only problems, improving motivation.

14. Taking breaks before burnout

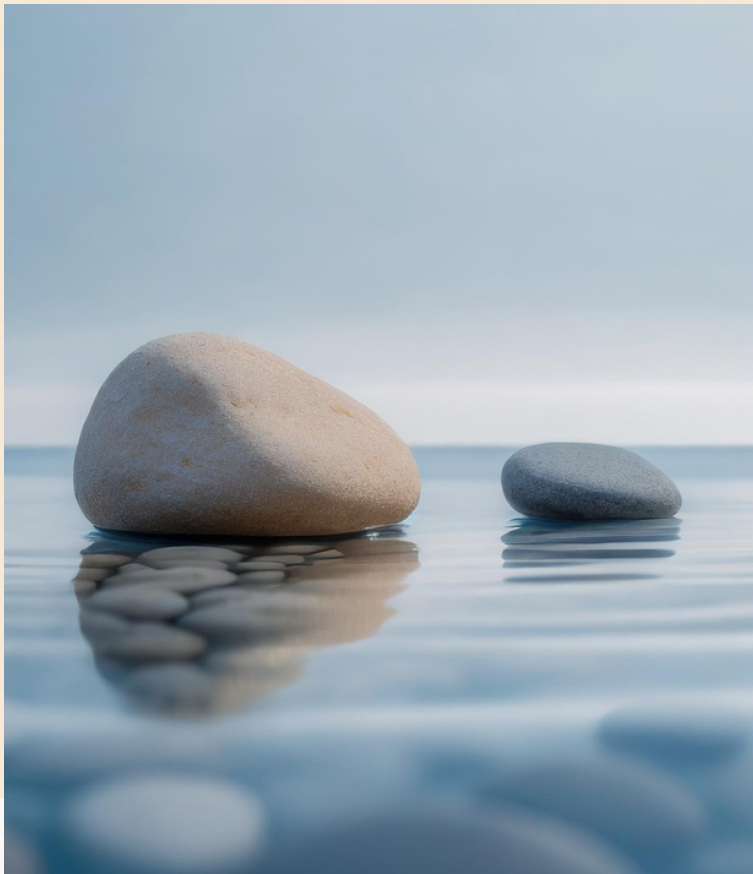
Prevents stress accumulation, which is especially important during hormonal shifts.

15. Connecting with someone supportive

Human connection regulates the nervous system and reduces feelings of isolation.

16. Writing your thoughts down

Helps process emotions and reduces mental overwhelm.



*Healing doesn't
happen all at once.
It grows quietly
through the small
choices you make
each day.*

17. Spending time in nature

Lowers cortisol levels and restores emotional balance.

18. Doing one thing slowly each day

Slowness signals safety to the body and reduces chronic stress patterns.

19. Self-Compassionate Affirmations

Write down affirmations that speak to your worth and repeat them daily.

20. Checking in with your needs daily

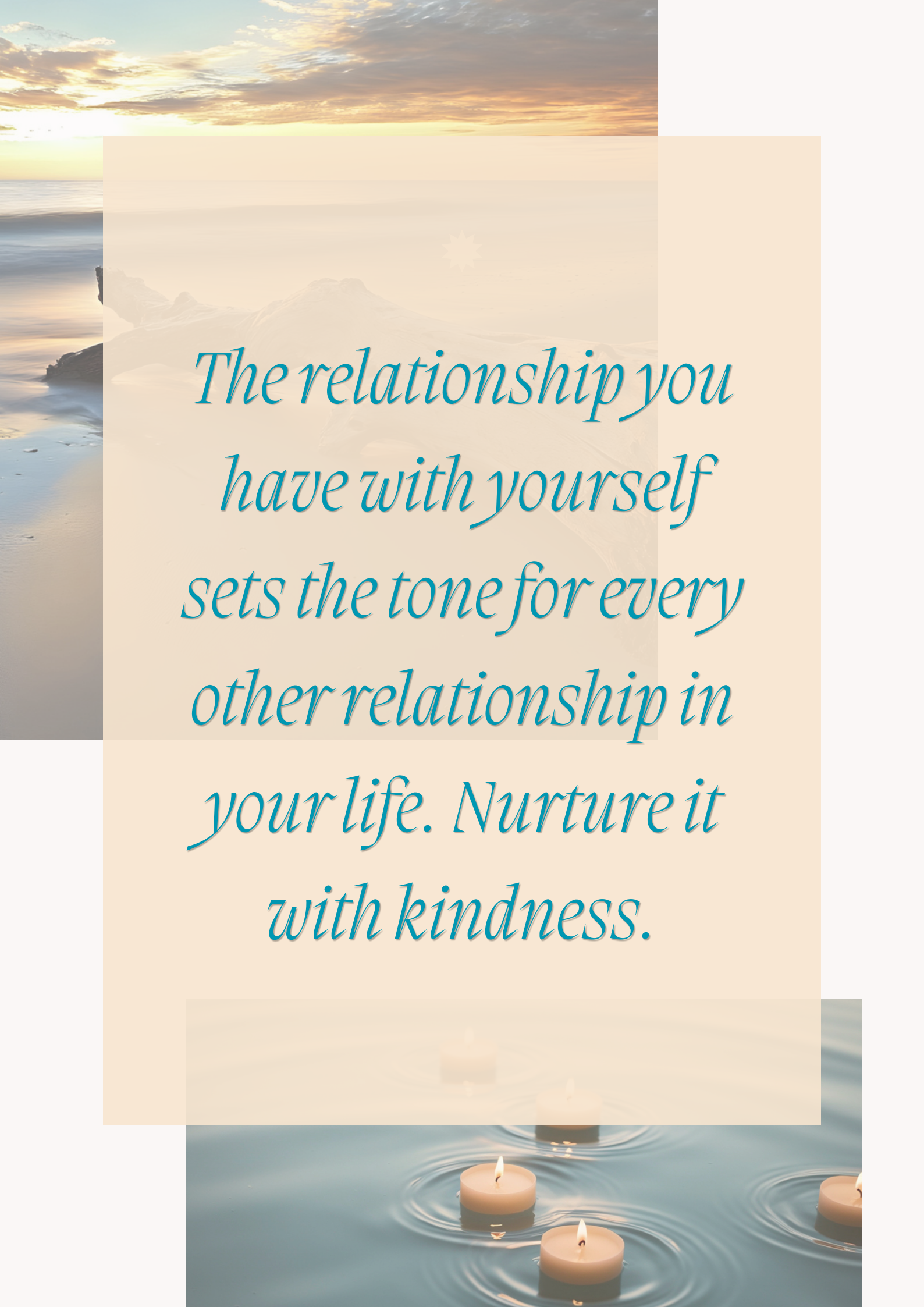
Builds self-awareness and strengthens emotional self-trust.



You are allowed to slow down, breathe deeply, and choose yourself without guilt.



Through small, intentional changes, significant shifts occur. Many women have found that keeping a comprehensive resource, like ["When Your Hormones Choose Chaos: The Girlfriend's Easy Guide to Staying Calm During Perimenopause, at their fingertips ensures sustainable support. It seamlessly complements the insights shared here, offering quick and easy stress-relief tips tailored for this unique phase.](#)



*The relationship you
have with yourself
sets the tone for every
other relationship in
your life. Nurture it
with kindness.*

10 Habits That Quietly Undermine Self- Love

Just as small, loving habits help you grow, certain everyday patterns can quietly pull you away from yourself. The purpose of this section isn't to judge or criticise—it's to bring kind awareness to the habits that may be keeping you stuck. As you recognize these patterns with compassion, you create space to replace them with choices that nurture greater self-love, self-trust, and inner peace.



1. Constant self-criticism

Activates stress pathways and reinforces feelings of inadequacy.

2. Ignoring fatigue and pushing through

Leads to burnout and signals to your body that its needs don't matter.

3. Overcommitting your time

Creates chronic stress and disconnects you from your own priorities.

4. Skipping meals or irregular eating

Disrupts blood sugar stability, increasing irritability and anxiety. Hangry?



*Self-love begins
the moment you
believe your needs
matter just as
much as everyone
else's.*

5. Comparing yourself to others - especially online perfection

Triggers emotional stress and reduces self-worth over time.

6. Staying in "always busy" mode

Keeps the nervous system in a constant state of activation without recovery.

7. Dismissing your emotions

Prevents emotional processing and increases internal pressure.



The more compassion you give yourself, the more strength you'll discover within.

*You are not
becoming someone
new—you are
returning to the
woman you've
always been.*



8. Excessive scrolling or
overstimulation

Overloads the brain and
weakens attention, calm, and
presence.

9. Saying yes when you mean no

Creates resentment and erodes
self-trust over time.

10. Waiting until you “deserve”
rest or care

Delays recovery and reinforces
the belief that your needs come
last.



Let's Explore This On Paper

Take a quiet moment(s), grab your journal, and with kindness and compassion, explore your relationship with yourself through these prompts.

There are no right or wrong answers here. No judgment. No pressure to write beautifully. Don't worry about grammar, punctuation, or spelling—this isn't about getting it right. It's simply about being honest with yourself.

If your thoughts wander beyond the prompt, let them. Some of our greatest insights come when we stop trying to control the direction and simply allow our hearts to speak.

This journey doesn't have a map or a finish line. It's not about finding all the answers today. It's about becoming a little more curious, a little more compassionate, and a little more connected to yourself with every page you write. So take a deep breath, put pen to paper, and let this be a tender step toward coming home to yourself. Take as much time as you need. And this doesn't have to happen all at once.



How Do You Speak to Yourself?

Pay attention to your inner voice today.

- What kinds of things do you say to yourself when you make a mistake?
- Would you speak to a close friend the same way?
- If not, how could you replace criticism with kindness?



When Do You Feel Most Like Yourself?

Think about a time when you felt truly calm, confident, and at peace with yourself.

- What were you doing?
- Who were you with?
- How did your body feel?
- What made you feel so grounded?
- What can you bring more of into your life today?



Are You Living for Yourself or for Everyone Else?

Take a moment to reflect on your daily life.

- Do you often put other people's needs before your own?
- How easy is it for you to say "no"?
- Do you worry about disappointing people?
- When was the last time you chose yourself without feeling guilty?

What would change if your needs mattered just as much as everyone else's?



Where Did You Learn Your Worth?

Our beliefs about ourselves often begin long before adulthood.

Reflect softly on your younger years.

- Were there moments when you felt unseen, unheard, or not "enough"?
- Did you feel loved for who you were, or for what you achieved?
- Were you praised for being helpful, quiet, responsible, or putting others first?

You don't need to relive painful memories—simply notice whether any early experiences may still be shaping how you see yourself today.



Where Does Your Validation Come From?

Think about what makes you feel worthy.

- Do you feel your best when someone compliments you?
- Do you rely on achievements or productivity to feel "good enough"?
- Do you find yourself seeking approval before making decisions?

Now ask yourself:

If nobody else's opinion mattered today, what would I choose for myself?



Coming Home to Yourself

Imagine you're writing a letter to the woman you've always been beneath the expectations, responsibilities, and self-doubt.

What would you want her to know?

What would you thank her for?

What would you forgive her for?

What promise would you make to her as you move into this next chapter of your life?

Finish this sentence:

From today forward, I choose to love myself by...



About Me

Hi, I'm Jessica, the heart behind PeriLuma.

For most of my adult life, I poured my love and energy into caring for others. I nurtured my family, created a home filled with love, and proudly supported my husband's successful business ventures. Let me be clear: with zero regrets, I was happy to be there for the people I loved — but somewhere along the way, I forgot to nurture myself.

Then perimenopause arrived.

The stress, hormonal changes, and emotional ups and downs became a wake-up call. I realised that if I wanted to truly thrive, I needed to start giving myself the same love, compassion, and care that I had so freely given to everyone else.



This freed me to genuinely pursue my new era, and I realized this wasn't the end of who I was — it was the beginning of coming home to myself.

As I learned to calm my nervous system, embrace simple daily habits, and make my well-being a priority, something beautiful happened — I started finding my way back to myself.

That's why I created PeriLuma.

My mission is to help women navigate perimenopause with gentle, practical tools that reduce stress, restore balance, and build self-love from the inside out. Because I truly believe that self-love isn't selfish — it's the foundation for living a healthier, happier, and more peaceful life.

If there's one thing I hope you take away from this handbook, it's this: you are just as worthy of the love, care, and nurturing you give so freely to everyone else.

I'm so glad you're here, and I can't wait to walk alongside you on this journey.

With love, *Jessica*



Closing Thoughts



Please don't feel that you need to implement every habit all at once. Lasting change happens through small, consistent steps. Start by adding just one or two nurturing habits each week while softly letting go of one habit that no longer serves you. Over time, these small changes will build into meaningful transformation—without leaving you feeling overwhelmed.





Self-love is not something you achieve—it's something you practice in small, consistent ways.

Every choice you make out of tenderness for yourself is a message: I matter. I am safe. I am worthy. I am allowed to take care of myself.

And Finally: What fills your cup? What makes you feel nurtured and loved? This list is just a beginning.

Ready to reclaim your calm and navigate perimenopause with confidence? I highly recommend trying ["When Your Hormones Choose Chaos: The Girlfriend's Easy Guide to Staying Calm Through Perimenopause."](#) I also have a special off for you: **Use the code PERICALM726 at the checkout to receive \$10 off your purchase!** You've got this!

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PLEASE CONNECT



*Sending you
so much love
and gratitude
for allowing me
to be a part
of your Journey*



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