



MENOPAUSE MADE ME MEET MYSELF

By Dee Kearney

MENOPAUSE COMPANION

DAILY ACTIVITIES TO HELP YOU COPE

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CHAPTER 01

Welcome

*Keep the
faith and
trust the
process*

Welcome to Your Menopause Companion



Hi, I'm Dee, and I want to welcome you to this companion workbook personally. Not as a doctor standing over you with complicated words. Not as someone pretending to have all the answers. But as a woman who knows what it feels like when your body starts changing, and nobody really prepared you for what was coming.

I started my menstrual cycle at an early age. Growing up, I remember the old folks saying, "If you start early, you'll end early." At the time, I didn't fully understand what that meant. I just knew I had entered womanhood early, and like many girls, I learned how to push through, keep going, and deal with things quietly.

Then later in life, here came menopause. And let me tell you, menopause did not knock gently. It came with night sweats, mood swings, body changes, emotional ups and downs, and moments where I felt like I didn't fully recognize myself. One minute I was fine, and the next, my body felt like it had its own agenda. The night sweats were uncomfortable. The mood swings were frustrating. The changes were confusing. And if I'm being honest, there were times when I wondered, "What is happening to me?"

Then came the facial hair, which is often connected to PCOS and is something many women of color deal with. That brought its own emotions. Because when your body changes in ways you did not expect, it can affect your confidence. It can make you feel embarrassed, annoyed, frustrated, or even ashamed.

And that is the part we often do not discuss.

**We talk about
hot flashes.**

**We talk about
night sweats**

But we do not always talk about the way menopause can mess with your mind, your confidence, your self-image, your patience, your relationships, your sleep, your energy, and even your faith.

Through changes in my diet, mindset, prayer, and daily habits, I began to find things that helped me feel more in control. I started paying closer attention to what I ate, how I moved, what I watched, what I listened to, and how I cared for myself emotionally and spiritually.

As I started helping myself, I noticed so many of my friends were going through similar struggles. Some were dealing with hot flashes. Some were battling mood changes. Some were tired, frustrated, embarrassed, or simply unsure of what was happening to their bodies. That's when I thought, "Maybe while I'm helping myself, I can help other women too."

For many years, women suffered in silence. Menopause was something people whispered about, avoided, or treated like something shameful. Back in the day, talking about "the change" was almost taboo. But today, we know better. Menopause is not something to be ashamed of. It is a natural part of life, and the more we talk about it, the more we realize that we are not alone. We are more alike than we are different.

By sharing our experiences, we can encourage, educate, and support each other through this new season of life. When we bring menopause out into the open, we make room for healing, understanding, better resources, and new ways to care for ourselves. But let me encourage you, you can start right where you are.

Talking with Friends

**we are more alike
than different**

Small changes can make a difference. You can try adding certain foods, drinking more water, taking a short walk, doing low-impact exercises, stretching, journaling, praying, resting more, or simply giving yourself permission to slow down and listen to your body.

For me, inspiration also comes from what I feed my mind. I enjoy watching gratitude videos, chair exercises, morning prayer videos, and motivational speakers like Louise Hay and Les Brown. Some women enjoy dance workouts. Others may find support through therapy, support groups, journaling, or quiet time with God.

It is not about going back to who you used to be. It is about learning how to care for who you are becoming.

Inside this companion, you will find suggestions, reflections, encouragement, and simple ways to check in with yourself. Some things may work beautifully for you. Some may not. That is okay. Every woman's body is different. What matters is that you begin paying attention, trying new things, and permitting yourself to make your health and peace a priority.

Begin by admitting, "I need help, and I am ready to care for myself differently."

That is powerful.



try healthier food



start a journal



try herbs



pray with intention



try low-impact exercise



get more rest



walk more



talk to a therapist



dance



join a support group

Do not underestimate the power of small beginnings.

A ten-minute walk counts.

A glass of water counts.

A healthier breakfast counts.

A quiet prayer counts.

A deep breath counts.

Saying no counts.

Going to bed earlier counts.

Choosing peace counts.

Looking in the mirror and speaking kindly to yourself counts.

This journey is not just about managing symptoms. It is about reclaiming your relationship with yourself.

It is about reminding yourself that you still matter.

Your dreams still matter.

Your joy still matters.

Your body still deserves care.

Your mind still deserves peace.

Your spirit still deserves rest.

There is no one-size-fits-all answer. This journey is personal.

Inside this companion, you will find helpful suggestions, simple activities, check-ins, and encouragement to support you through your menopause journey. I hope this guide helps you feel seen and supported and reminds you that you do not have to go through this season alone.

This is not the end of who you are.

This is a new chapter — and you are still growing, still glowing, and still becoming.

WEEKLY REFLECTION

WHAT CHALLENGED ME THIS WEEK?

WHAT SYMPTOM IMPROVED?

WHAT DRAINED MY ENERGY?

WHAT BROUGHT ME PEACE?

ONE THING I'M PROUD OF

CHAPTER 02

Why You Feel Stuck — And What Needs to Change

Stay on your Ps:

Prayer, Priorities, Peace, Positivity, Patience

Chapter 2: Why You Feel Stuck — And What Needs to Change

Menopause can feel like your body changed the rules without giving you the new instructions.

One day, you may feel like yourself. The next day, you may be sweating through your clothes, waking up in the middle of the night, snapping at someone you love, forgetting why you walked into a room, or staring in the mirror wondering when your body started feeling unfamiliar.

For many women, the hardest part of menopause is not just the symptoms. It is the confusion, frustration, shame, and fear that come with them.

You may ask yourself, “Why am I so tired?”

“Why am I gaining weight when I’m not eating that much?” This was a question I asked myself. When I look at what I was eating, I wasn’t eating the right food.

“Why am I so emotional?” Sometimes I feel like crying, but I hold it in because women are taught to be strong no matter what. Sometimes I have to let it go and cry to release all that tension.

“Why do I feel irritated all the time?”

“Why can’t I sleep as I used to?”

“Why don’t I feel like myself anymore?”



My symptoms weren’t clear. I got over the hot flashes by using some of the suggestions in this ebook. My symptoms were suddenly having anxiety, all of a sudden, I had anxiety driving, especially on bridges and highways. I didn’t recognize it as a part of menopause; I blamed the car accidents, people being on their cellphones, people driving drunk or too fast. When I started speaking to my doctors, they recommended that I see a therapist who could give me some coping strategies to help keep me less stressed when driving.

And when you do not have clear answers, it is easy to blame yourself. But before we go any further, let’s make something clear.

Your body is changing, and your old habits may no longer be supporting the woman you are becoming.

That is the real problem many women face during menopause. We try to live in a new season using old routines, old thinking, old coping habits, and old expectations. We get frustrated when our body doesn't respond the way it used to.

Menopause requires a new level of awareness. Pay attention to our bodies in a new way. It asks us to look at what we eat, how we sleep, how we handle stress, how much we move, what we believe about ourselves, and how often we put everyone else's needs ahead of our own.

This chapter is about understanding the patterns that keep you stuck, so you can begin making changes that actually support you.

The Pattern of Suffering in Silence

Many women were raised to keep personal things private. We were taught not to talk too much about our bodies, our emotions, or what happens behind closed doors. Menopause, periods, hormones, intimacy, mood changes, and body changes were often treated like things women were just supposed to endure. Many women suffer quietly. You may be sweating at night, but say nothing. You cry in private but smile in public. Feel irritated, anxious, or overwhelmed, but tell yourselves to get over it. You may feel embarrassed by facial hair, weight gain, body odor, or low desire, so you hide it instead of asking for help. When you feel alone, you may start believing that something is wrong with you.

It is a natural transition, and every woman deserves support through it. You cannot change what you refuse to notice.

The Pattern of Eating for Comfort Instead of Support
Many women do not just eat because they are hungry. They eat because they are tired, stressed, lonely, frustrated, bored, overwhelmed, or craving comfort. Food has always been connected to comfort, family, celebration, culture, and memory. During menopause, the body may become more sensitive to certain habits. Things that did not bother you before may start affecting your sleep, mood, weight, energy, digestion, or hot flashes.

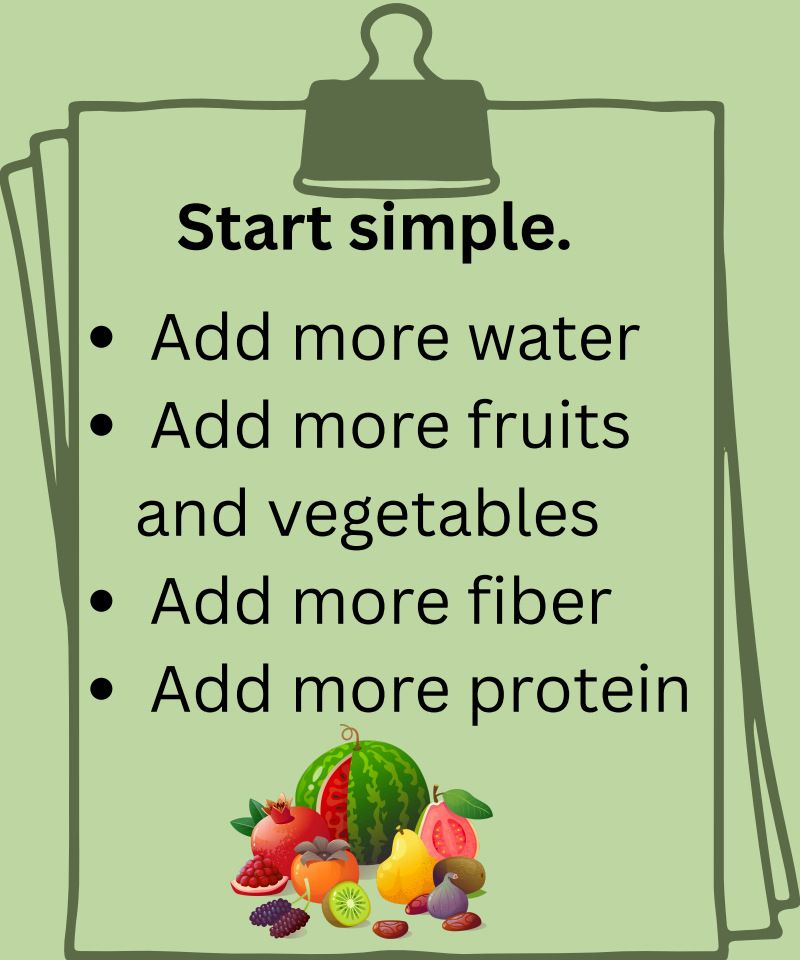


Too much sugar may leave you feeling drained. Too much caffeine may affect your sleep. Too much alcohol may trigger sweating or poor rest. Skipping meals may leave you irritable. Not drinking enough water may make fatigue and headaches worse. Eating too little protein may leave you feeling unsatisfied. Eating out of stress may make you feel guilty. The goal is not to become afraid of food. The goal is to learn how food affects you.

Many women stay stuck because they grab whatever is quick. They skip breakfast and overeat later. They drink coffee all day and wonder why sleep is hard at night. They crave sweets when they are tired, then blame themselves for not having willpower. But this is not just a willpower issue. It is often a pattern issue.

What needs to change?

You need to shift from eating only for comfort to eating for support. It means learning to ask, “Will this help my body feel better, or will it make my symptoms worse?”



Start simple.

- Add more water
- Add more fruits and vegetables
- Add more fiber
- Add more protein



Pay attention to sugar, caffeine, spicy foods, and alcohol if they seem to trigger symptoms.

Notice how you feel after meals

The Pattern of Moving Less Because You Feel Tired

When menopause leaves you tired, exercise may be the last thing you want to do.

You may think, “I barely have energy now. How am I supposed to work out?”

But here is where many women get stuck:

Less movement -you'll feel worse

Then the worse you feel - the less you move.

Low energy - more sitting more.

More sitting - more stiffness

More stiffness - discomfort

More discomfort - lower motivation

Movement isn't intense workouts, gym memberships, or keeping up with somebody half your age online.

A walk counts, Chair exercises count, stretching counts, dancing in your living room counts, light weights count, marching in place counts, taking the stairs counts, moving your arms and legs while watching TV counts.

The National Institute on Aging encourages women to eat a healthy diet, be physically active, maintain a healthy weight, and avoid smoking while limiting or avoiding alcohol. What needs to change?

Start where you are. If you can do five minutes, do five minutes. If you can walk to the corner and back, do that. If chair exercise feels best, start there. The goal is to move, make changes and remind yourself that you are still capable. Consistently is more powerful than big plans you never start.



What needs to change?

The first step out of shame is honesty. Another habit that keeps women stuck is ignoring the signs.

Women are experts at pushing through.

We push through tiredness.

We push through stress.

We push through pain.

We push through family responsibilities.

We push through work.

We push through grief.

We push through everything.

For years, many of us have trained ourselves to keep going no matter what. That strength helped us survive many seasons of life. But in menopause, always pushing through can become a problem. Your body may be speaking, but you may be too busy to listen. Night sweats may be saying, “Pay attention to your triggers.”

Tiredness may be saying, “You need better rest.”

Mood swings may be saying, “Your stress is too high.”

Weight gain may be saying, “Your body needs different nourishment and movement.”

Brain fog may be saying, “You need sleep, hydration, and support.”

Anxiety may be saying, “Your nervous system needs care.”

Of course, symptoms can have different causes, and it is important to check with a healthcare provider when something feels severe, sudden, or unusual. But in daily life, many women miss the smaller messages their bodies are sending because they are busy caring for everyone else.

What needs to change?

You need to begin listening to your body before it screams for your attention.

That means noticing patterns. What makes your hot flashes worse? What foods make you feel heavy or tired? What helps you sleep better? What drains you emotionally? What gives you energy? What makes you feel calm? What makes your mood shift?

What needs to change?

You need to treat rest like a real part of your wellness plan, not something you only get after everything else is done. That may mean creating a simple nighttime routine. Turning off screens earlier. Keeping your room cooler. Wearing breathable sleepwear. Limiting caffeine later in the day. Praying, journaling, or listening to calming music before bed. Writing down worries instead of carrying them into sleep.

You may not be able to fix everything overnight, but you can begin creating a routine that tells your body, “It is safe to rest.”

The Pattern of Stress Living in Your Body

Stress does not just live in your mind.

It lives in your shoulders.

It lives in your jaw.

It lives in your stomach.

It lives in your sleep.

It lives in your blood pressure.

It lives in your cravings.

It lives in your patience.

It lives in your relationships.



Many women in midlife are carrying a lot. Family responsibilities, aging parents, adult children, grandchildren, work, money concerns, grief, health worries, relationship changes, and the emotional weight of being the strong one.

Then menopause comes on top of all of that.

No wonder your body feels overwhelmed.

Stress can make symptoms feel worse because your nervous system is already on high alert. When you are constantly tense, rushed, worried, or emotionally drained, your body does not get enough time to recover.

Many women are not just dealing with hormones.

They are dealing with hormones plus life.

Foods That Help Relieve Menopause Symptoms



Fatty fish



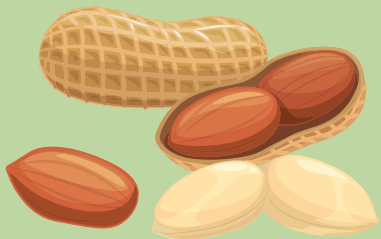
Broccoli



Berries



Low-fat milk



Nuts



Water



Tea

What needs to change?

You need to stop treating stress as normal just because you are used to it. You may not be able to remove every responsibility, but you can begin creating small places of peace in your day.

A quiet cup of tea. A five-minute prayer. A walk outside. A worship song. A gratitude video. A deep breathing break. A phone call with someone who understands.

A moment where you do not explain, fix, solve, or carry anything for anybody else. Peace has to become part of your routine, not something you wait for.

The Pattern of Negative Self-Talk

One of the most harmful habits during menopause is the way some women talk to themselves.

You may say things to yourself that you would never say to another woman.

“I look terrible.” “I’m too old.” “My body is falling apart.” “I’ll never feel good again.”

“I’m not attractive anymore.” “I should have done better.” “I have no discipline.”

“I don’t even recognize myself.”

Words matter.

The way you speak to yourself shapes the way you care for yourself. If you keep telling yourself that your body is the enemy, you will treat it with frustration. If you keep telling yourself it is too late, you will stop trying. If you keep telling yourself you are no longer beautiful, you will stop looking for your beauty. But your body is not your enemy.

Your body has carried you through every season of your life. It has survived pain, stress, work, love, loss, family, responsibilities, and change. It deserves respect, not punishment.

What needs to change?

Begin speaking to yourself with more compassion.

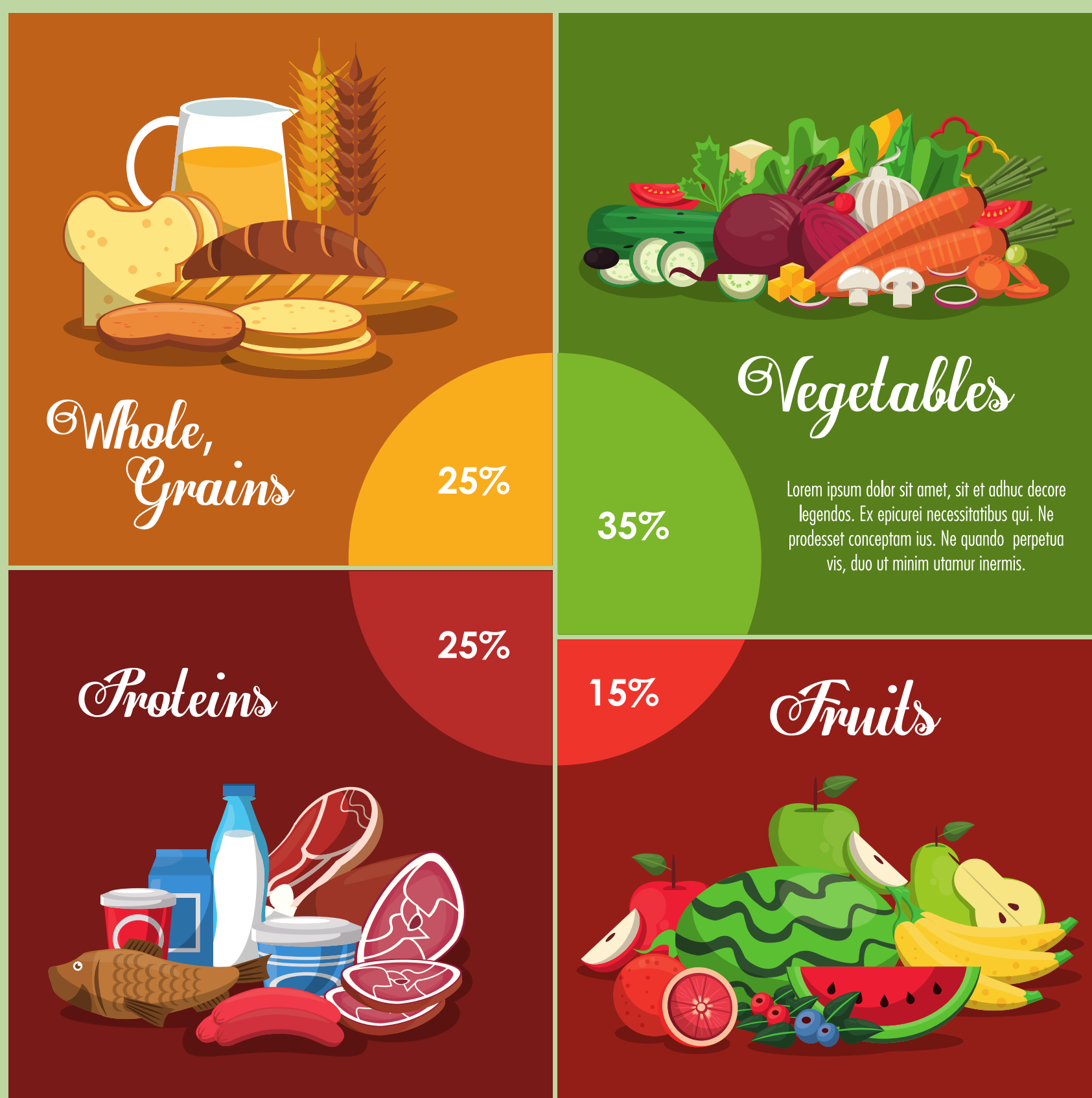
Instead of saying, “I hate this body,” try saying, “My body is changing, and I am learning how to support it.” Instead of saying, “I’m too old,” say, “I am still growing, still learning, and still worthy of care.” Instead of saying, “Nothing works for me,” say, “I am willing to try small changes and notice what helps.”

This may feel strange at first, especially if you are used to criticizing yourself. But a healthier mindset is not fake. It is practice.

Many women wait until they are exhausted, overwhelmed, or scared before they ask for help. But help is not weakness. Help is wisdom. If your symptoms are affecting your quality of life, relationships, sleep, work, confidence, or emotional health, you deserve support. That support may include talking to a doctor, getting bloodwork, discussing treatment options, asking about hormone changes, speaking with a therapist, joining a support group, or making lifestyle changes with guidance.

You do not have to guess your way through menopause.

When shopping, make healthier choices and shop the outside aisles instead of the inside aisles. Spend more time in the fruits and vegetables section instead of the chips and snacks. Try to create your own snacks. Like Yougart bars





Today is a GOOD DAY



Date: _____

TODAY'S MAIN GOALS



1. _____
2. _____
3. _____

TOP PRIORITY



APPOINTMENTS



____:____ _____
____:____ _____
____:____ _____
____:____ _____
____:____ _____

TO-DO LIST



- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DON'T FORGET



MONEY MOVES



SELF-CARE CHECK-IN



I am enough ♥ I am worthy ♥ I am growing ♥ I choose me

WATER + MEALS



WATER



MEALS

B _____
L _____
D _____
S _____

TOMORROW I NEED TO





CHAPTER 03

Your Simple Step-by-Step Plan to Feel More Like Yourself Again

I may not understand the plan, but
I trust the One who does
God is still writing my story

CHAPTER 3: YOUR SIMPLE STEP-BY-STEP PLAN TO FEEL MORE LIKE YOURSELF AGAIN

Menopause can feel overwhelming when you are trying to figure it all out at once. One minute you are dealing with hot flashes, then mood changes, then poor sleep, then weight changes, then feeling like your body has a mind of its own. It can feel like too much. But the good news is this: you do not have to fix everything overnight. You do not need a perfect routine, a complicated plan, or a whole new life by Monday morning. You need simple steps that help you listen to your body, support your mind, and build daily habits that make this season easier to handle.

STEP 1: START PAYING ATTENTION TO YOUR BODY

THE FIRST STEP IS AWARENESS.

Before you can change what is happening, you need to understand what is happening. Many women go through menopause reacting to symptoms but not tracking them. They know they feel bad, but they may not know what triggers the hot flashes, what makes their sleep worse, what foods cause bloating, or what situations make their anxiety rise.

This is where you begin.

Start by paying attention to your patterns. Do you notice hot flashes after coffee, sugar, spicy foods, or stress? Do your night sweats happen more when you eat late? Do you feel more emotional when you are exhausted? Do you get irritated faster when you have skipped meals or gone all day without drinking water?

This is not about judging yourself. This is about learning yourself. For the next seven days, write down what you notice. Keep it simple. You can use a notebook, your phone, or a workbook page. Write down your sleep, mood, water intake, meals, stress level, movement, and symptoms. You do not need long paragraphs. A few honest notes are enough.

For example:

- “Woke up twice during the night.”
- “Had two cups of coffee and felt anxious later.”
- “Hot flash after rushing around all morning.”
- “Felt better after walking for 15 minutes.”
- “Skipped breakfast and felt irritated by noon.”

These small notes can reveal big truths. One thing I notice is as soon as I lie down to go to sleep, I start going over everything I did today and what I need to get done tomorrow. When I am overthinking instead of going to sleep, I know I need to start planning my next day before going to bed, so that my body and mind know that when I go to bed, it is to sleep and rest my mind.

When you track your body, you stop guessing. You start seeing connections. You may realize your body has been giving you clues all along. The goal is not to become obsessed with every symptom. The goal is to become more connected to yourself.

What needs to change here is simple: stop ignoring the signals. Your body is not trying to embarrass you, punish you, or betray you. Your body is communicating. When you listen, you can respond with care instead of frustration.

Step 2: Create a Morning Check-In Routine

How you begin your day matters.

A lot of women wake up and immediately start serving everybody else. They check messages, think about errands, start cleaning, rush to work, answer questions, and handle responsibilities before they have even checked in with themselves.

During menopause, your body and mind need more support, not less. A simple morning check-in can help you start the day with more peace and intention. This does not have to be long. You can do it in five to ten minutes. Sit on the edge of the bed, in a chair, at the kitchen table, or wherever you can get a quiet moment.

Ask yourself three questions:

How does my body feel today?

What do I need emotionally today?

What is one small thing I can do to support myself today?

Your answer may be practical. You may need more water, a short walk, a lighter schedule, better food, or an earlier bedtime. Your answer may be emotional. You may need prayer, quiet time, encouragement, a conversation, or permission to not overdo it.

This small habit teaches you to put yourself first at the start of the day.

You can also add a simple affirmation, such as:

“I am allowed to care for myself today.” “My body deserves patience.” “I can take small steps and still make progress.”

“I do not have to do everything at once.”

If prayer is part of your life, include it. Ask for strength, wisdom, peace, and discipline. Not the kind of discipline that beats you up, but the kind that helps you stay committed to yourself.

What works for me is prayer, morning walks, and affirmations. 23

MY MENOPAUSE MOOD CHECK-IN GAME

PICK YOUR MOOD

CALM

IRRITATED

TIRED

ANXIOUS

EMOTIONAL

OVERWHELMED

HOPEFUL

UNMOTIVATED

FRUSTRATED

GRATEFUL

MATCH THE TRIGGER

POOR SLEEP

HOT FLASHES

STRESS

BODY CHANGES

WORK/FAMILY PRESSURE

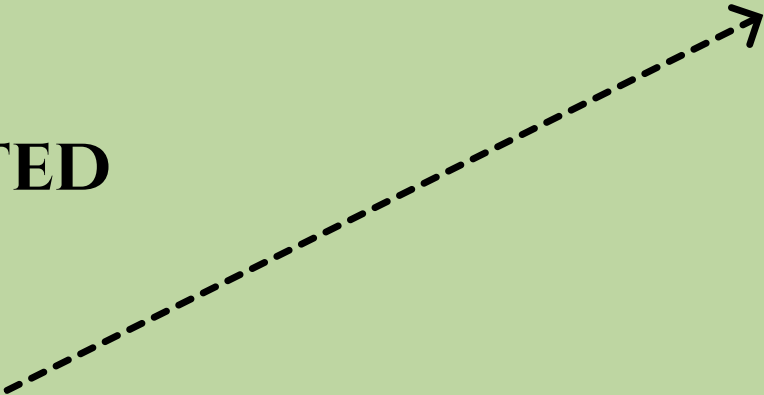
CRAVINGS

BRAIN FOG

HORMONES

FEELING UNSUPPORTED

NOT SURE YET



MY MENOPAUSE MOOD CHECK-IN GAME

CHOOSE A RESET MOVE

DRINK A GLASS OF WATER

STEP OUTSIDE FOR 5 MINUTES

STRETCH

WRITE DOWN WHAT'S

BOTHERING ME

TAKE 10 SLOW BREATHS

LISTEN TO A CALMING SONG

OR A SONG THAT MAKES YOU SING

EAT A PROTEIN SNACK

TAKE A SHORT WALK

REST WITHOUT GUILT

TEXT SOMEONE SUPPORTIVE

TODAY'S RESET SCORE:

I CHECKED IN WITH MYSELF TODAY:

☐

1 POINT

I NAMED MY EMOTION:

☐

1 POINT

I CHOSE A RESET ACTION:

☐

1 POINT

I GAVE MYSELF GRACE:

☐

1 BONUS POINT

TOTAL: ____ / 4

Step 3: Support Your Body with Food, Water, and Movement

This step is where many women get nervous because they think it means a strict diet, a hard workout plan, or giving up every food they enjoy. That is not what this is. This is about support.

Your body is going through hormonal changes. That means it may respond differently to food, stress, sleep, and movement than it did years ago. What used to work may not work the same now.

Start with water.

Many symptoms can feel worse when you are dehydrated. Low water intake can affect energy, digestion, skin, headaches, and even mood. If you are not drinking much water now, do not jump straight into unrealistic goals. Start by adding one extra glass or bottle each day.

Next, look at your meals. Try to build meals that include protein, fiber, and healthy fats. These help keep you full, support energy, and reduce the up-and-down crashes that can happen with too much sugar or skipped meals.

Simple meal ideas include:

Eggs with whole grain toast and fruit.

Grilled chicken or salmon with vegetables.

Greek yogurt with berries and nuts.

Turkey or veggie wrap with a side salad.

Oatmeal with nuts, fruit, and cinnamon.

Beans, greens, and baked chicken.

You do not have to be fancy. You just need to be consistent.

WATER TRACKER

weekly

Su								
Mo								
Tu								
We								
Th								
Fr								
Sa								



**Color in each cup or use a check mark or
print out the sticker on the next page to
mark how many glasses you consume**



STICKERS CAN BE PRINTER ON STICKER PAPER AND CUT ON CRICUT MACHINE OR JUST COLOR IN ON THE TRACKER



Now let's talk about movement.

Movement does not have to mean going to the gym for an hour. A 10-minute walk counts. Stretching counts. Dancing in your living room counts. Light strength exercises count. Chair exercises count. The goal is to get your body moving in a way that feels doable.

Movement can help with mood, sleep, stiffness, weight management, stress, and confidence. It reminds you that your body is still capable. You may have to start slower than you used to, but starting slow is still starting.

What needs to change here is the all-or-nothing mindset. You do not have to eat perfectly or exercise intensely to make progress. You need steady, supportive choices. One better meal. One extra glass of water. One short walk. These small actions build trust with yourself.



Step 4: Protect Your Peace and Lower Your Stress

Stress is one of the biggest things that keeps women stuck during menopause. You may not be able to remove every stressful situation from your life, but you can begin changing how much access stress has to your body, your mind, and your spirit.

Start by noticing what drains you. Is it saying yes when you want to say no? Is it taking on everyone else's problems? Is it scrolling too much before bed? Is it trying to keep peace with people who constantly disturb yours? Is it having no quiet time? Is it living with a schedule that leaves no room for breathing?

Your nervous system needs moments of safety. Your body needs to know that it is not always in emergency mode.

Try adding one peace practice every day. This could be deep breathing, prayer, journaling, sitting quietly, listening to calming music, reading scripture, taking a short walk, stretching, or simply turning off the noise for ten minutes. You may also need stronger boundaries.

“I cannot do that today.”
“I need some time to rest.”
“I will get back to you later.”
“I am not available for that.”
“I need help with this.”



At first, boundaries may feel uncomfortable. That does not mean they are wrong. It means they are new.

What needs to change here is the belief that you must be available to everyone all the time. You are allowed to protect your peace. You are allowed to disappoint people sometimes. You are allowed to choose rest without giving a long explanation.

Stress may be common, but it should not be your permanent home.

Step 5: Build an Evening Routine That Helps You Rest

Sleep can become one of the biggest struggles during menopause. Night sweats, racing thoughts, anxiety, bathroom trips, and body temperature changes can make rest feel impossible.

You may not be able to control every part of sleep, but you can create a routine that gives your body a better chance.

Start by creating a wind-down time. This means you begin preparing your body for rest before your head hits the pillow. Try to give yourself at least 30 minutes to slow down.

During this time, lower the lights, put your phone away or reduce screen time, avoid heavy conversations, and stop trying to solve every problem at night. Nighttime is not always the best time to make big decisions. A tired mind can make everything feel worse.

You can also prepare your room for comfort. Keep it cool. Wear breathable sleepwear. Use lighter blankets if needed. Keep water nearby. If night sweats are a problem, have a towel or extra sleep shirt close so you do not have to fully wake yourself up searching for things.

Before bed, write down what is on your mind. This helps get the thoughts out of your head and onto paper. You can make a short list of tomorrow's tasks so your brain does not keep reminding you at midnight. Then add something calming. Prayer. A gratitude list. Soft music. Deep breathing. Stretching. A relaxing scent. A few quiet moments with yourself.

What needs to change here is the habit of running hard all day and expecting your body to shut down instantly at night. Rest needs preparation. Your body needs a signal that it is safe to relax.

A better evening routine will not fix everything in one night, but over time, it can help your body settle.



Obstacles and Solutions

You may run into obstacles, and that is normal. You may forget to track your symptoms. Start again the next day. You may plan to drink more water and still reach for soda. Add one glass of water before the soda. You may miss a walk. Take five minutes to stretch instead. You may feel guilty for setting boundaries. Remind yourself that guilt does not always mean you did something wrong. Sometimes it means you are doing something new.

The biggest obstacle will be expecting perfection. Do not do that to yourself. Progress is built through small returns. Every time you come back to the plan, you are practicing self-care.

Final Encouragement

This journey is not about becoming a completely different woman. It is about coming back to yourself with more honesty, more patience, and more support. You are learning how to care for your body in a new season. That takes time. Be gentle with yourself, but do not give up on yourself. Small steps still count. Quiet progress still counts. Starting over still counts.

Maybe get an accountability partner to go on walks with you, add reminders to your cellphone to exercise, to eat better and to drink more water. If you can print out the water tracker and put it on the refrigerator. When you go shopping try to only shop the outside aisle, the first thing in the supermarket is usually fruit and fresh vegetables,

You are not stuck forever. You are learning, adjusting, and rebuilding. And one simple choice at a time, you can begin to feel stronger, calmer, and more like yourself again.

EASY RECIPE FOR CALMING TEA

**If you have the actual herbs the
better the tea will be.**

Use a strainer.



**1 teaspoon of Chamomile
1 teaspoon of Spearmint
½ teaspoon of Lavender**

**Find these ingredients at herbal shops or
Asian supermarkets**

EASY RECIPE FOR CALMING TEA

Here's another tea blend



1 teaspoon of Chamomile

1 teaspoon of Lemon Verbena

1 teaspoon of Milky Oat Tops

1 teaspoon of Rose Petals

**Find these ingredients at herbal shops or
Asian supermarts**

MENOPAUSE-FRIENDLY SNACK IDEAS

**THE MORE APPEALING HEALTHY SNACKS ARE THE MORE
LIKELY YOU WILL EAT THEM**



**GREEK YOGURT WITH
BERRIES AND CHIA
SEEDS
GOOD FOR PROTEIN,
CALCIUM, FIBER, AND
SWEET CRAVINGS.**



**APPLE SLICES WITH
PEANUT BUTTER
SIMPLE, FILLING, AND
GOOD WHEN CRAVINGS
HIT.**



**COTTAGE CHEESE
WITH PINEAPPLE OR
PEACHES
GREAT FOR PROTEIN
AND CALCIUM.**



**HARD-BOILED EGGS WITH
CUCUMBER SLICES
EASY GRAB-AND-GO
SNACK WITH PROTEIN.**



**TUNA ON WHOLE-GRAIN
CRACKERS
FILLING AND HELPFUL
FOR PROTEIN.**



**EDAMAME WITH A LITTLE
SEA SALT
GREAT PLANT-BASED
PROTEIN AND FIBER.**



**TRAIL MIX WITH
ALMONDS,
WALNUTS, PUMPKIN
SEEDS, AND DRIED
CRANBERRIES**

**GOOD FOR CRUNCH,
HEALTHY FATS, AND
CRAVINGS. KEEP THE
PORTION SMALL.**

MORE MENOPAUSE-FRIENDLY SNACK IDEAS

8. Avocado on whole-grain toast
Good healthy fat and fiber.

**9. Smoothie with spinach, berries, Greek yogurt,
and flaxseed**
Nice for a quick breakfast or afternoon snack.

10. Turkey roll-ups with lettuce and cucumber
Low-carb, high-protein, and easy to prep.

**11. Oatmeal cup with cinnamon, walnuts, and
berries**
Great for fiber and steady energy.

12. Roasted chickpeas
Crunchy, high-fiber, and better than chips.

13. Cheese stick with grapes
Simple calcium + natural sweetness.
Dark chocolate with strawberries or almonds

CHAPTER 4

The Common Mistakes That Keep You Stuck

My peace is bigger than your opinion

CHAPTER 4: THE COMMON MISTAKES THAT KEEP YOU STUCK

BY NOW, YOU MAY UNDERSTAND THAT MENOPAUSE RELIEF DOES NOT COME FROM ONE PERFECT SOLUTION. IT COMES FROM LEARNING YOUR BODY, BUILDING BETTER HABITS, REDUCING STRESS, GETTING SUPPORT, AND TAKING SMALL ACTIONS OVER TIME. BUT EVEN WHEN A WOMAN KNOWS WHAT SHE NEEDS TO DO, STAYING CONSISTENT CAN STILL FEEL HARD.

THIS IS WHERE MANY WOMEN GET FRUSTRATED.

THEY START DRINKING MORE WATER, THEN STOP. THEY PLAN TO WALK THREE TIMES A WEEK, THEN LIFE GETS BUSY. THEY SAY THEY ARE GOING TO CUT BACK ON SUGAR, BUT STRESS HITS AND OLD HABITS RETURN. THEY BUY THE JOURNAL, SAVE THE MEAL IDEAS, WATCH THE VIDEOS, LISTEN TO THE ADVICE, AND STILL FEEL LIKE THEY ARE STANDING IN THE SAME PLACE.

THAT DOES NOT MEAN THEY ARE LAZY. IT DOES NOT MEAN THEY DO NOT CARE. IT MEANS THERE ARE PATTERNS QUIETLY WORKING AGAINST THEM.

THE TRUTH IS, MANY WOMEN ARE NOT STUCK BECAUSE THEY LACK INFORMATION. THEY ARE STUCK BECAUSE THEY KEEP REPEATING SMALL MISTAKES THAT DRAIN THEIR MOMENTUM BEFORE PROGRESS HAS A CHANCE TO GROW.

THIS CHAPTER WILL EXPOSE THREE OF THE BIGGEST MISTAKES THAT KEEP WOMEN SPINNING THEIR WHEELS DURING MENOPAUSE: WAITING FOR PERFECTION, OVERTHINKING EVERY MOVE, AND TAKING INCONSISTENT ACTION. ONCE YOU CAN SEE THESE MISTAKES CLEARLY, YOU CAN STOP BLAMING YOURSELF AND START CORRECTING YOUR COURSE WITH MORE CONFIDENCE.

MISTAKE 1: WAITING FOR THE PERFECT TIME TO START

ONE OF THE BIGGEST MISTAKES WOMEN MAKE IS WAITING FOR THE PERFECT TIME TO BEGIN TAKING CARE OF THEMSELVES.

THEY TELL THEMSELVES, “I’LL START MONDAY.”

“I’LL START AFTER THIS BUSY WEEK.”

“I’LL START WHEN I HAVE MORE ENERGY.”

“I’LL START AFTER I BUY THE RIGHT GROCERIES.”

“I’LL START WHEN THINGS CALM DOWN.”

BUT THE PERFECT TIME RARELY COMES.

THERE WILL ALWAYS BE SOMETHING HAPPENING. A FAMILY ISSUE. A WORK DEADLINE. A STRESSFUL CONVERSATION. A CHURCH EVENT. A BILL. A HOLIDAY. A TIRED MORNING. A BAD NIGHT OF SLEEP. A CRAVING. A MOOD SWING. A HOT FLASH. A DAY WHERE EVERYTHING FEELS LIKE TOO MUCH.

IF YOU WAIT UNTIL LIFE IS QUIET, YOUR SYMPTOMS MAY KEEP GETTING LOUDER.

THIS MISTAKE HAPPENS BECAUSE MANY WOMEN BELIEVE THEY NEED TO FEEL READY BEFORE THEY CAN BEGIN. THEY THINK ACTION SHOULD COME AFTER MOTIVATION. BUT MOST OF THE TIME, MOTIVATION COMES AFTER ACTION. YOU DO ONE SMALL THING, AND THAT GIVES YOU A LITTLE PROOF. THAT PROOF BUILDS CONFIDENCE. THAT CONFIDENCE MAKES THE NEXT STEP EASIER.

WAITING FOR PERFECTION SILENTLY BLOCKS PROGRESS BECAUSE IT TURNS SELF-CARE INTO AN EVENT INSTEAD OF A DAILY PRACTICE. IT MAKES YOU BELIEVE YOU NEED A FRESH START, A CLEAN SCHEDULE, AND A PERFECT MINDSET BEFORE YOU CAN DO ANYTHING GOOD FOR YOURSELF. THAT IS NOT TRUE.

YOU CAN START IN THE MIDDLE OF A MESSY WEEK. YOU CAN START TIRED. YOU CAN START WITH ONE GLASS OF WATER, ONE SHORT WALK, ONE EARLIER BEDTIME, ONE HEALTHIER MEAL, OR ONE QUIET MOMENT OF PRAYER.

MISTAKE 1: WAITING FOR THE PERFECT TIME TO START

THE CORRECTION IS SIMPLE: LOWER THE STARTING LINE.

DO NOT ASK, “HOW CAN I FIX EVERYTHING TODAY?”

ASK, “WHAT IS ONE THING I CAN DO TODAY THAT SUPPORTS MY BODY?”

THAT ONE QUESTION REMOVES THE PRESSURE. IT GIVES YOU A WAY FORWARD EVEN WHEN LIFE IS NOT PERFECT.

ACTIONABLE CORRECTIONS:

CHOOSE A “MINIMUM CARE STEP” FOR EACH DAY. THIS IS THE SMALLEST ACTION YOU CAN TAKE EVEN ON A HARD DAY. IT MAY BE DRINKING ONE BOTTLE OF WATER, STRETCHING FOR FIVE MINUTES, WRITING DOWN ONE SYMPTOM, OR TAKING THREE DEEP BREATHS BEFORE BED.

STOP MAKING MONDAY YOUR MAGIC DAY. IF YOU NOTICE TODAY THAT YOU NEED TO CARE FOR YOURSELF BETTER, BEGIN TODAY. NOT WITH A FULL PLAN. JUST WITH ONE BETTER CHOICE. CREATE A “MESSY DAY PLAN.” THIS IS YOUR PLAN FOR DAYS WHEN YOU ARE TIRED, EMOTIONAL, BUSY, OR OVERWHELMED. FOR EXAMPLE: “ON MESSY DAYS, I WILL DRINK WATER, EAT ONE REAL MEAL, AND GO TO BED WITHOUT SCROLLING FOR AN HOUR.”

THE GOAL IS NOT TO BE PERFECT. THE GOAL IS TO STOP DELAYING YOUR CARE.

WHEN YOU WAIT FOR THE PERFECT TIME, YOU TEACH YOURSELF THAT YOUR NEEDS CAN KEEP BEING POSTPONED. BUT WHEN YOU START SMALL TODAY, YOU TEACH YOURSELF THAT YOU ARE WORTH CARING FOR RIGHT NOW.

MISTAKE 2: OVERTHINKING EVERY MOVE

ANOTHER MISTAKE THAT KEEPS WOMEN STUCK IS OVERTHINKING. THIS HAPPENS WHEN YOU SPEND MORE TIME RESEARCHING, PLANNING, COMPARING, AND WORRYING THAN ACTUALLY DOING. YOU MAY READ ARTICLE AFTER ARTICLE ABOUT MENOPAUSE SYMPTOMS. YOU MAY SAVE MEAL PLANS, WORKOUT IDEAS, SUPPLEMENT SUGGESTIONS, SLEEP ROUTINES, AND STRESS TIPS. YOU MAY LISTEN TO EVERYBODY'S ADVICE AND END UP MORE CONFUSED THAN WHEN YOU STARTED.

ONE PERSON SAYS STOP EATING THIS.

ANOTHER SAYS ADD THAT.

ONE EXPERT SAYS TRY THIS EXERCISE.

ANOTHER SAYS TRY SOMETHING ELSE.

ONE FRIEND SAYS A CERTAIN PRODUCT HELPED HER.

ANOTHER SAYS IT DID NOTHING.

NOW YOUR MIND IS OVERLOADED.

INSTEAD OF TAKING ACTION, YOU FREEZE.

THIS MISTAKE OFTEN HAPPENS BECAUSE MENOPAUSE CAN MAKE WOMEN FEEL OUT OF CONTROL. WHEN YOUR BODY IS CHANGING IN WAYS YOU DID NOT EXPECT, IT IS NATURAL TO WANT ANSWERS. YOU WANT TO UNDERSTAND WHAT IS HAPPENING. YOU WANT RELIEF. YOU WANT TO MAKE THE RIGHT CHOICE.

THERE IS NOTHING WRONG WITH LEARNING. INFORMATION CAN BE HELPFUL. BUT TOO MUCH INFORMATION WITHOUT ACTION BECOMES ANOTHER FORM OF AVOIDANCE. OVERTHINKING SILENTLY BLOCKS PROGRESS BECAUSE IT MAKES EVERY STEP FEEL BIGGER THAN IT IS. YOU START BELIEVING THAT ONE WRONG MOVE WILL RUIN EVERYTHING. YOU WORRY ABOUT WHETHER YOU ARE DOING THE "RIGHT" ROUTINE, EATING THE "RIGHT" FOOD, WALKING THE "RIGHT" AMOUNT, OR CHOOSING THE "RIGHT" BEDTIME.

BUT YOUR BODY DOES NOT NEED YOU TO BECOME AN EXPERT OVERNIGHT. YOUR BODY NEEDS YOU TO BEGIN PAYING ATTENTION AND RESPONDING WITH CARE.

THE CORRECTION IS TO SIMPLIFY.

INSTEAD OF TRYING TO SOLVE EVERY SYMPTOM AT ONCE, CHOOSE ONE AREA TO FOCUS ON FIRST. MAYBE SLEEP IS YOUR BIGGEST STRUGGLE. MAYBE STRESS IS MAKING EVERYTHING WORSE. MAYBE YOU KNOW YOUR EATING HABITS ARE DRAINING YOUR ENERGY. MAYBE MOVEMENT HAS BEEN MISSING FROM YOUR DAILY LIFE

**PICK ONE FOCUS FOR THE NEXT SEVEN DAYS.
NOT TEN GOALS. ONE.**

FOR EXAMPLE, IF YOU CHOOSE SLEEP, YOUR FOCUS MAY BE: “THIS WEEK, I WILL CREATE A 30-MINUTE BEDTIME WIND-DOWN ROUTINE.” THAT MAY INCLUDE TURNING OFF YOUR PHONE EARLIER, DRINKING CALMING TEA, KEEPING YOUR ROOM COOLER, AND WRITING TOMORROW’S TASKS DOWN BEFORE BED.

IF YOU CHOOSE MOVEMENT, YOUR FOCUS MAY BE: “THIS WEEK, I WILL WALK FOR 10 MINUTES AFTER BREAKFAST OR DINNER THREE TIMES.”

IF YOU CHOOSE FOOD, YOUR FOCUS MAY BE: “THIS WEEK, I WILL EAT A PROTEIN-BASED BREAKFAST BEFORE DRINKING COFFEE.”
SIMPLE DOES NOT MEAN WEAK. SIMPLE IS OFTEN WHAT MAKES CONSISTENCY POSSIBLE.

ACTIONABLE CORRECTIONS:

USE THE “ONE SYMPTOM, ONE HABIT” RULE. PICK ONE SYMPTOM THAT BOTHERS YOU AND ONE HABIT THAT MAY SUPPORT IT. FOR EXAMPLE, IF NIGHT SWEATS ARE YOUR ISSUE, START TRACKING EVENING MEALS, CAFFEINE, ROOM TEMPERATURE, AND STRESS BEFORE BED.

THE CORRECTION IS TO SIMPLIFY.

LIMIT RESEARCH TIME. GIVE YOURSELF 20 MINUTES TO LEARN, THEN TAKE ONE ACTION. DO NOT LET RESEARCH BECOME A HIDING PLACE.

STOP CHANGING THE PLAN EVERY TWO DAYS. GIVE A SIMPLE HABIT AT LEAST ONE FULL WEEK BEFORE DECIDING IT DOES NOT WORK. YOUR BODY NEEDS TIME, AND YOUR MIND NEEDS CONSISTENCY.

KEEP A SHORT “WHAT HELPS ME” LIST. AS YOU NOTICE WHAT WORKS, WRITE IT DOWN. MAYBE WALKING HELPS YOUR MOOD. MAYBE CAFFEINE AFTER NOON WORSENS YOUR SLEEP. MAYBE PRAYER BEFORE BED CALMS YOUR THOUGHTS. YOUR OWN BODY GIVES USEFUL INFORMATION WHEN YOU PAY ATTENTION.

OVERTHINKING DRAINS MOMENTUM BECAUSE IT KEEPS YOU IN YOUR HEAD. ACTION BRINGS YOU BACK INTO YOUR LIFE. YOU DO NOT NEED TO KNOW EVERYTHING TO BEGIN. YOU ONLY NEED TO KNOW YOUR NEXT SMALL STEP.

MISTAKE 3: TAKING INCONSISTENT ACTION AND EXPECTING CONSISTENT RESULTS

THIS MISTAKE IS COMMON, AND IT CAN BE HARD TO ADMIT.

SOMETIMES WOMEN TRY SOMETHING ONCE OR TWICE AND THEN DECIDE IT DOES NOT WORK. THEY DRINK MORE WATER FOR TWO DAYS, WALK ONCE, JOURNAL ONE NIGHT, EAT BETTER FOR HALF A WEEK, AND THEN FEEL DISCOURAGED WHEN THEIR SYMPTOMS DO NOT IMMEDIATELY CHANGE.

BUT THE BODY USUALLY RESPONDS TO PATTERNS, NOT RANDOM MOMENTS.

THAT DOES NOT MEAN EVERY SYMPTOM IS IN YOUR CONTROL. MENOPAUSE IS REAL. HORMONAL CHANGES ARE REAL. SOME WOMEN NEED MEDICAL SUPPORT, PROFESSIONAL GUIDANCE, OR TREATMENT OPTIONS. BUT EVEN WITH SUPPORT, DAILY HABITS STILL MATTER.

INCONSISTENT ACTION BLOCKS PROGRESS BECAUSE IT NEVER GIVES YOUR BODY ENOUGH STABILITY TO RESPOND. IT IS LIKE WATERING A PLANT ONCE, FORGETTING IT FOR TWO WEEKS, AND THEN WONDERING WHY IT LOOKS DRY. CARE HAS TO BE REPEATED.

THIS MISTAKE HAPPENS FOR MANY REASONS.

SOME WOMEN ARE EXHAUSTED. SOME ARE OVERWHELMED. SOME ARE USED TO TAKING CARE OF EVERYONE ELSE FIRST. SOME GET DISCOURAGED TOO QUICKLY. SOME HAVE AN ALL-OR-NOTHING MINDSET. IF THEY CANNOT DO THE FULL ROUTINE, THEY DO NOTHING AT ALL. THAT ALL-OR-NOTHING MINDSET IS ONE OF THE BIGGEST CONSISTENCY KILLERS.

MISTAKE 3: TAKING INCONSISTENT ACTION AND EXPECTING CONSISTENT RESULTS

THIS MISTAKE HAPPENS FOR MANY REASONS.

SOME WOMEN ARE EXHAUSTED. SOME ARE OVERWHELMED. SOME ARE USED TO TAKING CARE OF EVERYONE ELSE FIRST. SOME GET DISCOURAGED TOO QUICKLY. SOME HAVE AN ALL-OR-NOTHING MINDSET. IF THEY CANNOT DO THE FULL ROUTINE, THEY DO NOTHING AT ALL. THAT ALL-OR-NOTHING MINDSET IS ONE OF THE BIGGEST CONSISTENCY KILLERS.

YOU MAY THINK, “I DO NOT HAVE TIME FOR A 30-MINUTE WALK, SO I WILL SKIP IT.” BUT FIVE MINUTES WOULD STILL HELP YOU STAY CONNECTED TO THE HABIT.

YOU MAY THINK, “I ALREADY ATE BADLY TODAY, SO THE WHOLE DAY IS RUINED.” BUT YOUR NEXT MEAL CAN STILL SUPPORT YOUR BODY.

YOU MAY THINK, “I FORGOT TO TRACK MY SYMPTOMS THIS WEEK, SO I FAILED.” BUT YOU CAN WRITE DOWN HOW YOU FEEL TONIGHT AND BEGIN AGAIN.

THE CORRECTION IS TO BUILD HABITS THAT ARE SO REALISTIC YOU CAN ACTUALLY KEEP THEM.

CONSISTENCY DOES NOT MEAN DOING EVERYTHING PERFECTLY EVERY DAY. IT MEANS RETURNING TO YOURSELF AGAIN AND AGAIN.

ACTIONABLE CORRECTIONS:

CREATE A “BARE MINIMUM VERSION” OF EACH HABIT. IF YOUR FULL WALK IS 20 MINUTES, YOUR BARE MINIMUM IS FIVE MINUTES. IF YOUR FULL BEDTIME ROUTINE IS 30 MINUTES, YOUR BARE MINIMUM IS TURNING OFF YOUR PHONE AND TAKING THREE DEEP BREATHS. IF YOUR FULL MEAL GOAL IS COOKING DINNER, YOUR BARE MINIMUM IS ADDING PROTEIN OR VEGETABLES TO SOMETHING SIMPLE.

TRACK EFFORT, NOT PERFECTION. PUT A CHECK MARK ON THE DAYS YOU DID ONE SUPPORTIVE THING. THIS HELPS YOUR BRAIN SEE PROGRESS INSTEAD OF ONLY SEEING WHAT YOU MISSED.

USE HABIT STACKING. ATTACH A NEW HABIT TO SOMETHING YOU ALREADY DO. DRINK WATER AFTER BRUSHING YOUR TEETH. STRETCH AFTER YOUR MORNING PRAYER. TAKE VITAMINS WITH BREAKFAST IF THEY ARE PART OF YOUR PLAN. WALK AFTER DINNER. WRITE SYMPTOMS DOWN WHEN YOU GET IN BED.

PREPARE FOR INTERRUPTIONS. LIFE WILL INTERRUPT YOU. DECIDE AHEAD OF TIME WHAT YOU WILL DO WHEN IT DOES. A MISSED DAY IS NOT A FAILURE. A MISSED WEEK DOES NOT MEAN YOU QUIT. THE MOST IMPORTANT SKILL IS LEARNING HOW TO RESTART WITHOUT SHAME.

STOP CHASING FAST RESULTS ONLY. SOME CHANGES MAY HELP QUICKLY, BUT MANY TAKE TIME. BETTER SLEEP ROUTINES, STRESS REDUCTION, MOVEMENT, AND FOOD CHANGES OFTEN BUILD BENEFITS SLOWLY. DO NOT QUIT JUST BECAUSE PROGRESS IS QUIET.

TAKING INCONSISTENT ACTION DELAYS RESULTS BECAUSE YOUR BODY NEVER GETS A STEADY MESSAGE. BUT WHEN YOU REPEAT SMALL SUPPORTIVE ACTIONS, YOU BEGIN TO CREATE A RHYTHM. THAT RHYTHM BUILDS TRUST. THAT TRUST BUILDS CONFIDENCE.

WHY THESE MISTAKES FEEL SO EASY TO FALL INTO

THESE MISTAKES HAPPEN BECAUSE MENOPAUSE IS NOT JUST PHYSICAL. IT IS EMOTIONAL, MENTAL, AND PERSONAL.

WHEN YOU ARE TIRED, IT IS EASY TO PUT YOURSELF OFF.

WHEN YOU ARE OVERWHELMED, IT IS EASY TO OVERTHINK.

WHEN YOU FEEL DISCOURAGED, IT IS EASY TO STOP AND START.

WHEN YOUR BODY CHANGES, IT IS EASY TO FEEL BETRAYED.

WHEN YOUR SYMPTOMS INTERRUPT YOUR LIFE, IT IS EASY TO FEEL POWERLESS.

BUT YOU ARE NOT POWERLESS.

YOU MAY NOT CONTROL EVERY HOT FLASH, EVERY MOOD SHIFT, EVERY NIGHT SWEAT, OR EVERY HORMONAL CHANGE. BUT YOU CAN CONTROL HOW YOU RESPOND. YOU CAN CHOOSE TO LISTEN TO YOUR BODY INSTEAD OF IGNORING IT. YOU CAN CHOOSE ONE SMALL HABIT INSTEAD OF WAITING FOR THE PERFECT PLAN. YOU CAN CHOOSE ACTION INSTEAD OF STAYING STUCK IN YOUR HEAD. YOU CAN CHOOSE TO RESTART WITHOUT BEATING YOURSELF UP.

THE KEY IS TO STOP MAKING YOUR PLAN HARDER THAN YOUR LIFE CAN HANDLE.

YOUR PLAN SHOULD SUPPORT YOU, NOT SHAME YOU.

WHY THESE MISTAKES FEEL SO EASY TO FALL INTO

HOW TO CORRECT COURSE STARTING TODAY

START WITH ONE HONEST QUESTION:

“WHAT MISTAKE HAS BEEN KEEPING ME STUCK THE MOST?”

IS IT WAITING FOR THE PERFECT TIME?

IS IT OVERTHINKING EVERYTHING?

IS IT BEING INCONSISTENT?

IS IT TRYING TO DO TOO MUCH AT ONCE?

IS IT QUITTING WHEN RESULTS DO NOT HAPPEN FAST ENOUGH?

ONCE YOU NAME THE PATTERN, YOU CAN CHANGE THE PATTERN.

HERE IS A SIMPLE RESET PLAN:

TODAY, CHOOSE ONE SYMPTOM YOU WANT TO SUPPORT.

CHOOSE ONE SMALL HABIT CONNECTED TO THAT SYMPTOM.

MAKE THE HABIT EASY ENOUGH TO DO ON A HARD DAY.

REPEAT IT FOR SEVEN DAYS.

AT THE END OF THE WEEK, ASK YOURSELF: “WHAT DID I NOTICE?”

THAT IS HOW YOU BUILD CLARITY. THAT IS HOW YOU STOP SPINNING YOUR WHEELS. YOU DO NOT NEED TO OVERHAUL YOUR ENTIRE LIFE. YOU NEED TO BEGIN CREATING EVIDENCE THAT YOU CAN SHOW UP FOR YOURSELF.

FINAL ENCOURAGEMENT

THE MISTAKES IN THIS CHAPTER ARE NOT PROOF THAT YOU HAVE FAILED. THEY ARE PROOF THAT YOU ARE HUMAN. EVERY WOMAN HAS STARTED, STOPPED, OVERTHOUGHT, WAITED TOO LONG, OR FELT DISCOURAGED AT SOME POINT.

BUT NOW YOU CAN SEE THE PATTERN.

AND ONCE YOU CAN SEE IT, YOU CAN INTERRUPT IT.

YOU DO NOT HAVE TO WAIT FOR THE PERFECT DAY. YOU DO NOT HAVE TO UNDERSTAND EVERY DETAIL. YOU DO NOT HAVE TO TAKE GIANT STEPS. YOU ONLY HAVE TO KEEP CHOOSING SMALL ACTIONS THAT SUPPORT YOUR BODY, YOUR PEACE, AND YOUR HEALING.

MENOPAUSE MAY REQUIRE ADJUSTMENT, BUT IT DOES NOT HAVE TO TAKE YOUR POWER.

YOU ARE ALLOWED TO MOVE FORWARD SLOWLY.

YOU ARE ALLOWED TO RESTART.

YOU ARE ALLOWED TO NEED SUPPORT.

YOU ARE ALLOWED TO CARE FOR YOURSELF WITHOUT GUILT.

THIS IS NOT ABOUT BECOMING PERFECT. THIS IS ABOUT BECOMING CONSISTENT ENOUGH TO FEEL A DIFFERENCE.

ONE STEP TODAY.

ONE BETTER CHOICE TODAY.

ONE HONEST CHECK-IN TODAY.

THAT IS HOW MOMENTUM BEGINS.

CHAPTER 5

Becoming the Woman Who Takes Her Power Back

*Pray about it as much as you
complain about it*

CHAPTER 5: BECOMING THE WOMAN WHO TAKES HER POWER BACK

THERE COMES A POINT IN THIS MENOPAUSE JOURNEY WHEN YOU HAVE TO STOP SEEING YOURSELF AS A WOMAN WHO IS JUST “GOING THROUGH IT” AND START SEEING YOURSELF AS A WOMAN WHO IS GROWING THROUGH IT.

THAT SHIFT MATTERS.

BECAUSE MENOPAUSE CAN MAKE YOU FEEL LIKE THINGS ARE BEING TAKEN FROM YOU. YOUR SLEEP. YOUR PATIENCE. YOUR SHAPE. YOUR ENERGY. YOUR CONFIDENCE. YOUR CALM. YOUR DESIRE. YOUR ABILITY TO FEEL LIKE YOURSELF. IT CAN FEEL LIKE YOUR BODY IS CHANGING THE RULES WITHOUT GIVING YOU A WARNING, AND NOW YOU ARE EXPECTED TO FIGURE IT ALL OUT WHILE STILL SHOWING UP FOR EVERYBODY ELSE.

IT CAN WAKE YOU UP TO HOW MUCH YOU HAVE IGNORED YOUR OWN NEEDS. IT CAN WAKE YOU UP TO HOW LONG YOU HAVE BEEN RUNNING ON EMPTY. IT CAN WAKE YOU UP TO THE FACT THAT YOU DESERVE CARE, SUPPORT, REST, JOY, AND PEACE RIGHT NOW. NOT LATER. NOT AFTER EVERYONE ELSE IS OKAY. NOT AFTER YOU LOSE WEIGHT. NOT AFTER THE HOT FLASHES STOP. NOT AFTER LIFE GETS EASIER. RIGHT NOW.

THE TRANSFORMATION BEGINS WHEN YOU STOP FIGHTING YOUR BODY AND START PARTNERING WITH IT. IT BEGINS WHEN YOU STOP SAYING, “WHAT IS WRONG WITH ME?” AND START ASKING, “WHAT IS MY BODY TRYING TO TELL ME?”

IT BEGINS WHEN YOU STOP WAITING FOR SOMEONE TO RESCUE YOU AND START CHOOSING YOURSELF ONE SMALL DECISION AT A TIME.

WHAT SUCCESS CAN LOOK LIKE

SUCCESS IN MENOPAUSE DOES NOT ALWAYS LOOK LIKE WAKING UP ONE DAY WITH EVERY SYMPTOM GONE FOREVER. THAT WOULD BE NICE, BUT REAL SUCCESS IS USUALLY MORE HONEST THAN THAT.

YOU ARE SLEEPING A LITTLE BETTER BECAUSE YOU CREATED A BEDTIME ROUTINE THAT CALMS YOUR BODY BEFORE REST.



YOU ARE HAVING FEWER EMOTIONAL CRASHES BECAUSE YOU ARE NO LONGER SKIPPING MEALS AND RUNNING ON COFFEE.



IT MAY LOOK LIKE DRINKING MORE WATER WITHOUT PROTEST.



YOU ARE PROUD OF YOURSELF FOR WALKING FOR 10 MINUTES, EVEN WHEN YOU DID NOT FEEL LIKE IT



IT MAY LOOK LIKE NOTICING THAT YOUR HOT FLASHES ARE NOT AS INTENSE BECAUSE YOU STARTED PAYING ATTENTION TO YOUR TRIGGERS.

YOU ARE SETTING ONE BOUNDARY AND REALIZING THE WORLD DID NOT FALL APART.

YOU MAKE TIME TO SITTING QUIETLY IN THE MORNING, CHECKING IN WITH YOURSELF, AND HEAR YOUR OWN THOUGHTS BEFORE THE DAY STARTS PULLING ON YOU. YOU SPEAK WITH MORE KINDNESS TO YOURSELF. IT MAY LOOK LIKE SAYING, “I AM CHANGING, BUT I AM NOT DISAPPEARING.” THAT IS SUCCESS.

WHAT SUCCESS CAN LOOK LIKE

WHEN YOU APPLY THE STRATEGY IN THIS COMPANION, YOU BEGIN TO CREATE A DIFFERENT KIND OF LIFE. YOU BECOME LESS REACTIVE AND MORE AWARE. YOU STOP GUESSING AND START NOTICING. YOU STOP PUSHING THROUGH EVERYTHING AND START RESPONDING WITH INTENTION.

YOU BEGIN TO UNDERSTAND YOUR OWN PATTERNS.

STRESS MAKES YOUR SYMPTOMS WORSE. SO INSTEAD OF PRETENDING YOU ARE FINE, YOU START PROTECTING YOUR PEACE.

CERTAIN FOODS TRIGGER BLOATING OR HOT FLASHES. SO INSTEAD OF SHAMING YOURSELF, YOU MAKE SMALL ADJUSTMENTS.

SCROLLING AT NIGHT KEEPS YOUR MIND BUSY. SO YOU CREATE A CALMER WIND-DOWN ROUTINE.

MOVEMENT HELPS YOUR MOOD. SO YOU STOP WAITING FOR MOTIVATION AND START MOVING IN WAYS THAT FEEL DOABLE.

YOUR BODY IS ASKING FOR MORE PATIENCE. SO YOU STOP TREATING YOURSELF LIKE A PROBLEM TO FIX AND START TREATING YOURSELF LIKE SOMEONE WORTH CARING FOR.

THAT IS TRANSFORMATION.

THE RESULTS YOU ARE WORKING TOWARD

IMAGINE WAKING UP AND NOT IMMEDIATELY FEELING DEFEATED BY YOUR BODY.

YOU MAY STILL HAVE SOME SYMPTOMS, BUT NOW YOU HAVE TOOLS. YOU KNOW WHAT HELPS YOU. YOU KNOW WHAT MAKES THINGS WORSE. YOU KNOW HOW TO CHECK IN WITH YOURSELF. YOU KNOW HOW TO RESET WHEN YOU FALL OFF TRACK.

YOU GET OUT OF BED AND TAKE A MOMENT TO BREATHE INSTEAD OF RUSHING STRAIGHT INTO EVERYONE ELSE'S NEEDS. YOU ASK YOURSELF, "HOW DO I FEEL TODAY?" AND YOU ACTUALLY WAIT FOR THE ANSWER.

YOU DRINK YOUR WATER. YOU EAT SOMETHING THAT GIVES YOUR BODY SUPPORT. YOU MOVE A LITTLE, EVEN IF IT IS JUST STRETCHING, WALKING, OR CHAIR EXERCISES. YOU TAKE YOUR SYMPTOMS SERIOUSLY WITHOUT LETTING THEM DEFINE YOUR ENTIRE DAY.

WHEN A HOT FLASH COMES, YOU DO NOT SPIRAL INTO FRUSTRATION AS QUICKLY. YOU PAUSE. YOU BREATHE. YOU REMEMBER THAT YOUR BODY IS NOT YOUR ENEMY. YOU KNOW THIS MOMENT WILL PASS.

WHEN YOUR MOOD SHIFTS, YOU DO NOT IMMEDIATELY SHAME YOURSELF. YOU ASK WHAT MAY BE UNDERNEATH IT. ARE YOU TIRED? HUNGRY? STRESSED? OVERWHELMED? DO YOU NEED QUIET? DO YOU NEED HELP? DO YOU NEED TO STEP AWAY?

YOU STOP PRETENDING YOU CAN CARRY EVERYTHING WITHOUT SUPPORT. YOU STOP ACCEPTING EXHAUSTION AS YOUR NORMAL. YOU STOP LETTING GUILT MAKE YOUR DECISIONS.

THE WOMAN YOU ARE BECOMING

YOU STILL HAVE DAYS WHEN YOU FEEL TIRED. YOU STILL HAVE MOMENTS WHERE YOU GET FRUSTRATED. YOU STILL FORGET SOMETIMES. YOU STILL HAS CRAVINGS. YOU STILL HAVE EMOTIONAL DAYS. YOU STILL HAVE TO RESTART.

BUT YOU DO NOT QUIT ON YOURSELF ANYMORE.

YOU HAVE LEARNED THAT ONE HARD DAY DOES NOT ERASE PROGRESS. YOU HAVE LEARNED THAT MISSING A WALK DOES NOT MEAN YOU FAILED. YOU HAVE LEARNED THAT EATING SOMETHING SWEET DOES NOT MEAN THE WHOLE DAY IS RUINED. YOU HAVE LEARNED THAT REST IS NOT LAZINESS. YOU HAVE LEARNED THAT ASKING FOR HELP IS NOT A SIGN OF WEAKNESS.

YOU ARE BECOMING A WOMAN WHO LISTENS.

YOU LISTEN WHEN YOUR BODY SAYS SLOW DOWN.

YOU LISTEN WHEN YOUR MIND SAYS I AM OVERWHELMED.

YOU LISTEN WHEN YOUR SPIRIT SAYS I NEED PEACE.

YOU LISTEN WHEN YOUR HEART SAYS I WANT MORE FOR MYSELF.
AND THEN YOU RESPOND. NOT WITH SHAME BUT WITH CARE.

THAT IS WHAT MAKES THIS DIFFERENT. YOU ARE NOT BUILDING HABITS FROM A PLACE OF PUNISHMENT. YOU ARE BUILDING HABITS FROM A PLACE OF LOVE, WISDOM, AND SELF-RESPECT.

YOU ARE NOT TRYING TO EARN YOUR WORTH. YOU ALREADY HAVE IT.

YOU ARE LEARNING HOW TO LIVE LIKE YOU BELIEVE IT.

KEEP THE STRATEGY SIMPLE

ONE OF THE BEST THINGS YOU CAN DO MOVING FORWARD IS KEEP THIS PROCESS SIMPLE.

YOU DO NOT NEED TO CHASE EVERY TREND. YOU DO NOT NEED TO COPY EVERYBODY ELSE'S ROUTINE. YOU DO NOT NEED TO OVERWHELM YOURSELF WITH TOO MANY CHANGES AT ONCE. COME BACK TO THE BASICS:

PAY ATTENTION TO YOUR BODY.
CHECK IN WITH YOURSELF DAILY.

SUPPORT YOURSELF WITH WATER, FOOD, MOVEMENT, AND REST.
PROTECT YOUR PEACE.
BUILD ROUTINES YOU CAN ACTUALLY KEEP.
RESTART WITHOUT SHAME.
THAT IS THE FOUNDATION.

THERE WILL BE DAYS WHEN YOU FEEL MOTIVATED AND DAYS WHEN YOU DO NOT. THERE WILL BE DAYS WHEN YOUR SYMPTOMS FEEL MANAGEABLE AND DAYS WHEN THEY FEEL FRUSTRATING. THERE WILL BE DAYS WHEN YOU FEEL STRONG AND DAYS WHEN YOU NEED MORE GRACE.

KEEP GOING ANYWAY. SMALL STEPS COUNT.
A FIVE-MINUTE WALK COUNTS.
A GLASS OF WATER COUNTS.
A REAL MEAL COUNTS.
A BOUNDARY COUNTS.
A QUIET PRAYER COUNTS.
WRITING DOWN YOUR SYMPTOMS COUNTS.
GOING TO BED EARLIER COUNTS.
STARTING AGAIN COUNTS.

DO NOT DESPISE SMALL BEGINNINGS. SMALL ACTIONS REPEATED OVER TIME CAN BECOME POWERFUL.

Menopause with a twist

V	M	B	R	A	I	N	F	O	G	C	R	F	V	W	R	E	L	N	V	T	L	W
G	T	H	S	I	F	W	F	F	T	H	E	L	Y	N	U	B	A	L	D	R	I	C
N	S	T	E	T	I	I	Q	P	N	I	G	H	T	S	W	E	A	T	S	I	F	K
X	J	S	H	Q	S	N	K	H	B	M	E	P	R	U	R	S	D	K	M	R	V	Z
D	T	R	S	I	S	O	G	O	H	T	U	O	I	K	N	O	E	K	K	E	O	A
H	O	E	A	G	T	I	J	C	N	J	G	M	A	O	B	D	H	L	A	T	L	C
C	Z	D	L	W	R	O	H	L	D	C	I	W	C	Z	X	E	G	T	S	A	M	R
D	L	T	F	S	E	Q	D	K	N	T	T	J	A	Q	E	L	U	L	D	W	O	A
E	M	M	T	R	T	Z	I	U	H	W	A	W	U	L	O	A	A	I	E	A	P	V
T	L	A	O	Q	C	E	S	F	T	Q	F	Q	Y	U	H	N	L	U	O	A	G	I
S	I	N	H	Q	H	P	R	Z	W	A	L	K	C	N	B	R	K	G	D	A	R	N
E	R	B	C	D	E	M	U	S	O	I	M	Z	E	D	U	U	E	R	B	E	U	G
R	Y	R	O	X	D	N	O	Q	Z	P	X	I	D	U	D	O	T	P	P	T	D	S
U	P	E	F	E	V	H	J	P	S	A	D	R	W	L	Q	J	L	N	G	P	C	B
H	Z	Y	M	J	C	O	F	E	J	D	H	E	A	D	A	C	H	E	S	V	H	Q
L	S	T	Q	K	R	R	F	K	V	I	E	M	O	O	D	S	W	I	N	G	S	D

Find the following words in the puzzle.

Words are hidden  and  and  and  and 

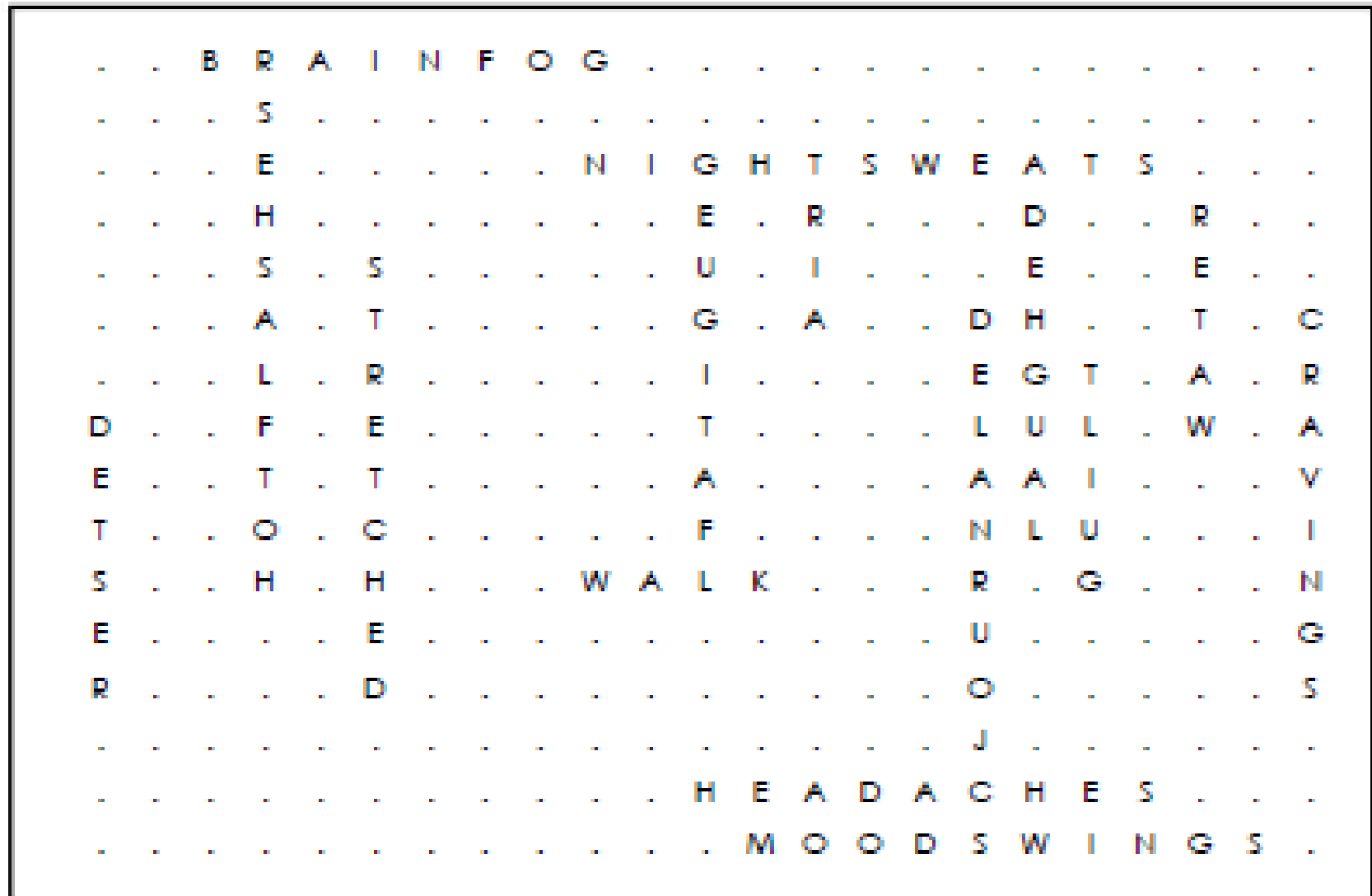
NIGHT SWEATS
HOT FLASHES
MOOD SWINGS
STRETCHED
JOURNALED
HEADACHES

CRAVINGS
BRAIN FOG
LAUGHED
FATIGUE
RESTED
WATER

GUILT
WALK
AIR

SOLUTION

Menopause with a twist



Word directions and start points are formatted: (Direction, X, Y)

NIGHT SWEATS (E,1,6)
HOT FLASHES (W,20,11)
MOOD SWINGS (E,12,13)
STRETCHED (W,23,12)
JOURNALED (W,18,15)
HEADACHES (E,9,2)

CRAVINGS (N,6,15)
BRAIN FOG (N,17,10)
LAUGHED (E,1,3)
FATIGUE (N,19,9)
RESTED (N,22,15)
WATER (N,18,10)

GUILT (E,8,3)
WALK (N,4,16)
AIR (N,9,16)
(E,)

CONCLUSION: THIS IS YOUR SEASON TO COME BACK TO YOURSELF

MENOPAUSE MAY HAVE MADE YOU FEEL LIKE YOU WERE LOSING
PIECES OF YOURSELF, BUT THIS COMPANION IS HERE TO REMIND

YOU THAT YOU ARE STILL HERE.

YOU ARE STILL WORTHY.

YOU ARE STILL BEAUTIFUL.

YOU ARE STILL CAPABLE.

YOU ARE STILL GROWING.

YOU ARE STILL BECOMING.

YOU ARE STILL ALLOWED TO WANT JOY, PEACE, CONFIDENCE,
LOVE, REST, AND PURPOSE.

THIS SEASON MAY REQUIRE ADJUSTMENTS, BUT IT DOES NOT
HAVE TO STEAL YOUR IDENTITY. IT DOES NOT HAVE TO SILENCE
YOU. IT DOES NOT HAVE TO MAKE YOU FEEL INVISIBLE. IT DOES
NOT HAVE TO CONVINCE YOU THAT YOUR BEST DAYS ARE
BEHIND YOU.

YOUR BODY IS CHANGING, YES. BUT THAT DOES NOT MEAN YOUR
LIFE IS ENDING.

IT MEANS A NEW CHAPTER IS ASKING FOR YOUR ATTENTION.

A CHAPTER WHERE YOU STOP IGNORING YOURSELF.

A CHAPTER WHERE YOU STOP SHRINKING.

A CHAPTER WHERE YOU STOP CALLING BURNOUT STRENGTH.

A CHAPTER WHERE YOU CHOOSE PEACE ON PURPOSE.

A CHAPTER WHERE YOU NOURISH YOUR BODY INSTEAD OF
FIGHTING IT.

A CHAPTER WHERE YOU BECOME MORE HONEST ABOUT WHAT
YOU NEED.

A CHAPTER WHERE YOU LEARN TO CARE FOR YOURSELF WITH
CONSISTENCY AND COMPASSION.

CONCLUSION: THIS IS YOUR SEASON TO COME BACK TO YOURSELF

THIS IS NOT ABOUT GOING BACK TO WHO YOU USED TO BE.
THIS IS ABOUT BECOMING A MORE AWARE, MORE GROUNDED,
MORE POWERFUL VERSION OF YOURSELF.
AND YOU DO NOT HAVE TO DO IT ALL AT ONCE.
START WITH TODAY. START WITH ONE HONEST CHECK-IN.

START WITH ONE GLASS OF WATER. (IF YOU DON'T LIKE PLAIN
WATER, ADD FRUIT, OR POWDER OR LIQUID FLAVOR LIKE SUGAR-
FREE CRYSTAL LIGHT)

START WITH ONE WALK. SET A REMINDER IN YOUR PHONE. (TAKE
A 5-MINUTE WALK AND EACH TIME YOU WALK TRY TO INCREASE
HOW FAR OR HOW LONG YOU WALK).

START WITH ONE BETTER BEDTIME CHOICE. (SET A REMINDER TO
GO TO SLEEP AT THE SAME TIME EVERY NIGHT)

START WITH ONE BOUNDARY. LEARN TO SAY NO, NOT RIGHT
NOW WITHOUT FEELING GUILTY.

START WITH ONE PRAYER. (IF YOU DON'T KNOW HOW TO PRAY
OR WHAT TO SAY, WATCH A PRAYER ON YOUTUBE)

START WITH ONE DECISION TO STOP ABANDONING YOURSELF.
YOUR TRANSFORMATION DOES NOT BEGIN WHEN EVERYTHING
IS PERFECT. IT BEGINS WHEN YOU DECIDE THAT YOU MATTER
ENOUGH TO TAKE ACTION NOW.

YOUR CALL TO ACTION

DO NOT CLOSE THIS BOOK AND SIMPLY SAY, “THAT WAS GOOD.”
USE IT.

GO BACK THROUGH THE CHAPTERS. CIRCLE WHAT STOOD OUT.
WRITE DOWN THE HABITS YOU KNOW NEED TO CHANGE. BE
HONEST ABOUT THE PATTERNS THAT HAVE KEPT YOU STUCK.
CHOOSE ONE SYMPTOM YOU WANT TO SUPPORT FIRST. THEN
CHOOSE ONE SIMPLE ACTION YOU CAN REPEAT FOR THE NEXT
SEVEN DAYS.

NOT FOREVER. JUST SEVEN DAYS.

GIVE YOURSELF ONE WEEK OF SHOWING UP DIFFERENTLY.

TRACK HOW YOU FEEL. NOTICE WHAT CHANGES. PAY ATTENTION
TO WHAT HELPS. GIVE YOURSELF CREDIT FOR EVERY SMALL STEP.
AND WHEN YOU MISS A DAY, DO NOT QUIT. RESTART.

YOU ARE NOT TOO OLD.

IT IS NOT TOO LATE.

YOU ARE NOT TOO FAR GONE.

YOU ARE NOT BROKEN.

YOU ARE IN A NEW SEASON, AND THIS SEASON DESERVES A NEW
LEVEL OF CARE.

SO TAKE THE FIRST STEP TODAY. CHOOSE YOURSELF TODAY.

BECAUSE THE WOMAN YOU ARE BECOMING NEEDS YOUR
ATTENTION, YOUR PATIENCE, YOUR COURAGE, AND YOUR
COMMITMENT. AND SHE IS WORTH IT.



Thank You!

Thank you for being here.

Thank you for turning these pages, for seeing yourself in these words, and for allowing space for a season that doesn't get enough grace.

Menopause is not just a physical shift.

It's emotional. It's personal. It's layered.

And it's often experienced quietly, without enough support or honesty.

By using this Menopause Companion, I hope you find time for yourself and have some fun while going through this difficult stage of life.

I hope you try to add some changes to your diet and lifestyle.

If any page made you pause, breathe deeper, or feel less alone—then this book has done its job.

This chapter of life still holds beauty, wisdom, humor, and power.

Thank you for trusting this journey.

Thank you for honoring your body.

Thank you for honoring yourself.

*With gratitude,
Dee L. Kearney*



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