



# Zen Week

Mindfulness for the Menopausal Woman

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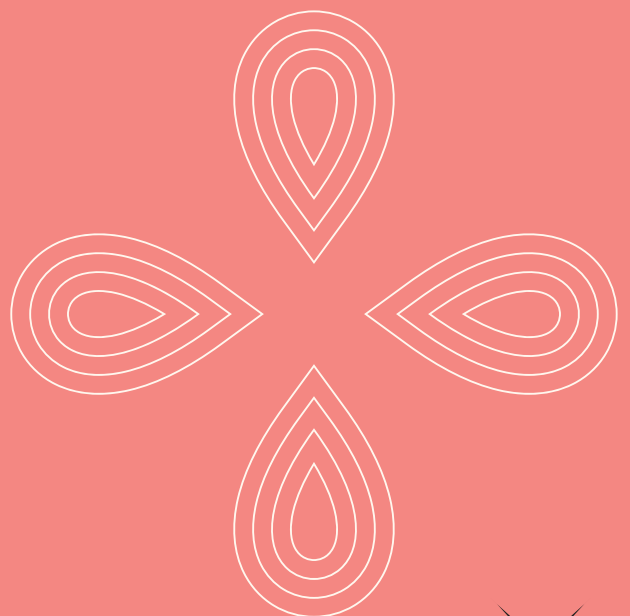
# Introduction

## WHAT IS MINDFULNESS?

Mindfulness for the menopausal woman involves cultivating present-moment awareness and acceptance, tailored to the unique experiences and challenges of this life stage. It's about acknowledging and embracing the physical, emotional, and mental changes that come with menopause with compassion and understanding. This practice empowers women to navigate hot flashes, mood swings, and sleep disturbances with grace, while fostering a deeper connection to their bodies and inner wisdom. Mindfulness also aids in managing stress, anxiety, and uncertainty that may accompany this transition, promoting overall well-being and resilience. Ultimately, it's about finding peace and contentment amidst the fluctuations of menopause.

## ACTION

Every day on Zen week we will be moving, stretching and then going within to feel into our bodies and minds. Afterwards you will have an opportunity to discuss n(confidentially) in the group how you are feeling that moment and throughout the mediation.



# Creating a Daily Zen Plan

## Setting daily intentions

Daily intentions are statements or affirmations that set the tone for your day, guiding your actions and mindset. We do them to cultivate focus, purpose, and positivity, helping us stay aligned with our goals and values. They promote mindfulness, motivation, and a sense of direction in our daily lives.

## Examples

1. "Today, I choose gratitude for the blessings in my life."
2. "I approach challenges with resilience and a positive attitude."
3. "My actions are guided by kindness and compassion towards myself and others."
4. "I prioritize self-care and listen to my body's needs."
5. "I embrace each moment with mindfulness and presence."
6. "I focus on progress, not perfection, in all that I do."
7. "I am open to new opportunities and growth throughout the day."

MIND

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BODY

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# Understanding Self Care

## WHAT IS SELF CARE?

Self care is an activity carried out by individuals to care for themselves with things that benefit themselves, both spiritually and physically. In short, self care is taking care of yourself.

However, self care is often considered selfish by some people. Why is that? This happens because from a young age our mindset or some people have been taught that "we have to care about and prioritize other people before ourselves." Finally, the concept is embedded by some people.

Indeed, caring and being concerned about others is something that needs to be applied within yourself, but don't forget to remain selfish. In fact, self care must be balanced.

## ACTION

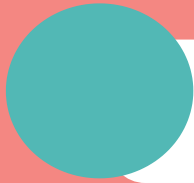
What act of Self Care are you going to award yourself this week?

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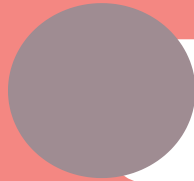


# ✦ Daily healthy habits ✦ Check List ✦

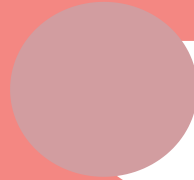
## Non Nagotiables



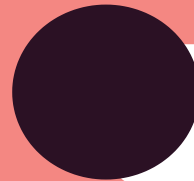
Yoga



Meditate

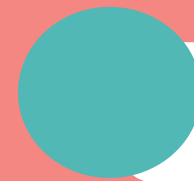


Go outside

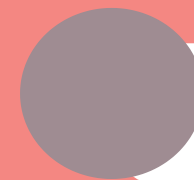


Drink Water

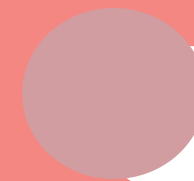
## Optional



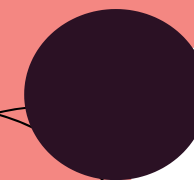
7000 steps



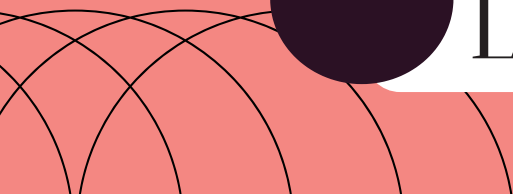
Eat 5 vegetables



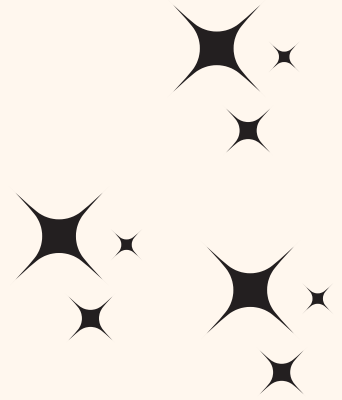
Go to Bed at 10pm



Limit sugar intake



# Ways to Improve Self Care



## INCREASE SELF ESTEEM

Self esteem is the most important part of self care, especially in avoiding psychiatric or psychological illness. This is because a low level of self-esteem can put oneself in a state of constant anxiety and negative thinking.

## MEDITATION

Meditating will help you to recognize emotional feelings, whether they are positive or negative emotions. Spend at least 5-10 minutes a day meditating.

## EXERCISING ROUTINE

Doing exercise has been proven to affect our body and mind. Moving is not always synonymous with burdensome activities. There are several relaxing sports that we can apply, such as aerobics, jogging, cycling, swimming, pilates or Yoga.

## BODY CARE

If your body feels tired from the work you have done all day, do this self care. Doing massage, spa, or just doing aromatherapy will make your body and mind relaxed and fresh.

# Self care Ideas for life Balance

1. Take a random day off. Have a day off without any planning or purpose. Just to be off from work.
2. Plan for a weekend holiday. Go for a short trip. Escape from the routine.
3. Get to work early. Avoid the rush hour. This also means you might be able to leave work early.
4. Leave work early. Enjoy some free time when the sun is still there.
5. Eat lunch away from your office. Take a little break. Breathe some fresh air.
6. Have a small chat. Talk about something other than work. This makes your time at work less dull.
7. Turn off work-related email notification. Make off-hour really off-hour.
8. Wear your favorite outfit to work. Boost your happiness by a smart and refreshing appearance.
9. Have some healthy snacks. Supply energy to your body.
10. Listen to soft music. Relieve your stress with a soft background music.



# Self Care in Difficult Times

## SET BOUNDARIES

On a daily basis, Ricketts recommended to, “Acknowledge your privilege, set boundaries, and learn to say no.” Setting boundaries is essential to a healthy life, but it’s a skill that many of us never learn.

## Meditate

There’s a reason that meditation is one of the most talked-about practices in the wellness world—this is powerful. Meditation is effective for self-care because it takes our focus off of the world around us, and puts it back on ourselves.

## Rest (no, not just sleeping)

On a daily basis, Ricketts recommended to, “Acknowledge your privilege, set boundaries, and learn to say no.” Setting boundaries is essential to a healthy life, but it’s a skill that many of us never learn.

## Check in with yourself frequently

There’s a reason that meditation is one of the most talked-about practices in the wellness world—this sh\*t is powerful. Meditation is effective for self-care because it takes our focus off of the world around us, and puts it back on ourselves.





Thank  
You

GREETINGS FROM  
**SUSAN BOOTH**

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