

# HOLISTIC HACKS TO MASTER YOUR MENOPAUSE

## PRACTISE SELF CARE – BREAK THE STRESS CYCLE

### Why is self-care so important during menopause?

As hormones fluctuate and decline during peri menopause and menopause, it's common to feel more stressed, anxious, and moody, which is why it's more important than ever right now, to prioritise self-care.

### Do any of these sound familiar to you?

- Tearful one minute, angry the next
- Mood swings
- Less tolerant of others
- Anxious over the smallest things
- More irritable than normal



### Are you already dealing with any or all of these?



- A job or career
- Family
- Home
- Finances
- Children
- Elderly parents

Add these to the changes happening to your body and this extra stress increases cortisol and adrenalin levels making symptoms even worse.

