



TenderNest Menopause Toolkit

*Nurture. Empower. Support.
Transform.*

Dear Soul,

This toolkit has been created with care by TenderNest CIC, a community-rooted, trauma-informed space for women's wellness. Every journey through menopause is unique. Please take what feels supportive for you, and leave what doesn't.

1. Understanding Menopause

Menopause is a natural life stage, though it can bring big changes.

- Perimenopause — the transition, when symptoms often begin.
- Menopause — when periods have stopped for 12 months.
- Post-menopause — the years after.

Common Symptoms:

- Hot flushes, night sweats
- Sleep difficulties
- Mood shifts or anxiety
- Memory and focus changes
- Weight or body composition changes

 Remember: You are not alone. Support is available.

2. Self-Care & Lifestyle Tips

 Nutrition

- Eat balanced meals with protein, healthy fats, and fibre.
- Reduce sugar and caffeine to support sleep and hormone balance.
- Stay hydrated.

 Sleep

- Create a calming bedtime routine.
- Avoid screens before bed.
- Try herbal teas (like chamomile).

Movement

- Gentle exercise supports mood and bone health.
- Strength training (resistance bands, weights, body weight) helps protect joints and muscles.
- Stretching and yoga can ease stiffness and tension.

3. Breathwork & Relaxation

The 4–7–8 Breath

1. Inhale through the nose for 4 counts.
2. Hold the breath for 7 counts.
3. Exhale slowly through the mouth for 8 counts.
4. Repeat up to 4 cycles.

 Use this as a 'reset button' whenever stress rises.

4. Journaling Prompts

Take a quiet moment and write what comes to your heart.

- What does support look like for me right now?
- I feel most grounded when...
- I am still standing because...

5. TenderNest Extras 🌸

- Explore our Menopause Support Programmes: gentle yoga, breathwork, journaling, and group connection.
- Join our EmpowerHer Programme for trauma recovery and resilience.
- Attend our Rooted in Healing Events to reconnect with nature, culture, and sisterhood.

📞 If you are struggling or in crisis, support is available:

- **Samaritans (UK & Ireland – 24/7):** Call **116 123** (free, anytime)
- **Mind Cymru:** Visit **mind.org.uk** to find local Welsh support services, or call the national Mind helpline at **0300 102 1234** (Mon–Fri, 9 am–6 pm)

✨ With compassion and strength,
TenderNest CIC