

# 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.

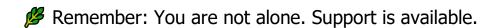
### 1. Understanding Menopause

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



### 2. Self-Care & Lifestyle Tips



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

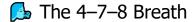
### Sleep

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



- 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



- 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.
- \$\text{\text{\$\subset\$}} 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.

# **L** 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