



7-Day Menopause Reset Guide



Seven days of simple habits and reflection to support wellbeing during perimenopause and menopause.

Created by Natural Life Choices, Inc.

A practical introductory guide and workbook for everyday wellbeing.



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Welcome

If you are reading this guide, you may be noticing changes in your sleep, energy, mood, or menstrual cycle. These experiences can raise questions about what is happening in your body and how to care for yourself.

Perimenopause and menopause are life transitions, and each woman's experience is different. Some have few symptoms; others need additional support and treatment.

This guide offers seven days of practical education, small actions, and reflection. You will explore sleep routines, nourishing meals, movement, stress management, and your own daily experiences.

Here, "reset" means a fresh start with supportive routines. It does not mean reversing menopause, restoring hormone levels, or promising symptom relief within seven days.

Begin at your own pace. Use what is helpful, adapt activities to your circumstances, and bring questions or concerning symptoms to a qualified healthcare professional.

Warmly,
Natural Life Choices, Inc.

Sources: World Health Organization: Menopause



Who This Guide Is For

This guide is for women navigating perimenopause or menopause who want introductory information, practical reflection tools, and support for everyday wellbeing.

It may be helpful if you are noticing changes in sleep, energy, mood, or menstrual cycles; looking for manageable daily habits; or preparing questions for a healthcare appointment.

Each daily section includes two reflection questions to help you consider your experiences and choose practical next steps.

Symptoms such as fatigue or sleep difficulties can have several causes. This guide cannot determine whether menopause is the cause of your symptoms.

This guide provides general education and wellness reflection. It does not diagnose conditions, provide individual treatment advice, or replace care from a qualified healthcare professional.

Sources: National Institute on Aging: What Is Menopause?



How to Use This Guide

Read one daily section, beginning with Day 1. Each section includes an explanation, an action step, helpful tips, and a reflection question.

Choose an action that fits your health, abilities, and circumstances. Record your observations in a notebook or on the printable worksheets.

At the end of the week, choose three habits you would like to continue. Bring relevant notes and questions to your healthcare professional.

The guide can be read on screen or printed. A separate worksheet PDF includes interactive fields for typing and checkboxes for digital use. Save your completed worksheets as a new copy.

You may repeat a day or take longer than a week. This is a flexible starting point.



Your Seven-Day Starting Plan

Day 1: Record how you feel.

Day 2: Choose one supportive sleep habit.

Day 3: Prepare a balanced meal.

Day 4: Choose movement suited to your abilities.

Day 5: Make time for a calming practice.

Day 6: Enjoy a learning or creative activity.

Day 7: Choose three habits to continue.

You do not need to complete everything perfectly. Choose a manageable beginning.



Day 1: Understanding Hormonal Changes



Perimenopause is the transition leading up to menopause. During this time, ovarian hormone levels can fluctuate and menstrual cycles may change.

Natural menopause is generally identified after 12 consecutive months without a menstrual period, when there is no other explanation. Menopause can also follow certain medical treatments or surgery.

During perimenopause, hormone levels do not always decline steadily. Fluctuations can be associated with changes in menstrual cycles, hot flashes, night sweats, sleep, and mood.

Tracking your experiences can help you describe what is happening and prepare questions for your healthcare professional. Your notes may reveal patterns, but they cannot establish a diagnosis or prove what caused a symptom.

Do not assume that every new symptom is related to menopause. Seek individual advice when symptoms persist, worsen, or concern you.

Sources: World Health Organization: Menopause; National Institute on Aging: What Is Menopause?



Day 1: Put It Into Practice

Action step

Start a simple symptom journal. Record sleep quality, mood, energy, hot flashes or night sweats, and menstrual changes if applicable.

Three helpful tips

1. Allow for variation: record changes without dismissing persistent, severe, or unusual symptoms.
2. Look for patterns across several days or weeks rather than judging one difficult day.
3. Keep tracking simple: a few observations can help you prepare for an appointment.

Reflection questions

1. What physical or emotional changes have you noticed in recent months?
2. Which change would you most like to discuss with your healthcare professional?



Day 2: Supporting Better Sleep



Sleep difficulties can occur during the menopause transition. Night sweats may interrupt sleep, while stress, insomnia, sleep disorders, and other health factors can also contribute.

A consistent sleep schedule, a comfortable bedroom, and a calming evening routine may help. Persistent insomnia may need additional treatment, including cognitive behavioral therapy for insomnia.

If sleep difficulties continue or affect daytime functioning, discuss them with your healthcare professional. Mention frequent snoring, waking while gasping, or significant daytime sleepiness.

Sources: National Institute on Aging: Sleep Problems and Menopause



Day 2: Put It Into Practice

Action step

Choose one supportive evening habit: a consistent bedtime and waking time, less bright light and stimulating screen use before bed, a comfortably cool bedroom, or a relaxing activity.

Three helpful tips

1. Keep a consistent waking time where practical.
2. Limit caffeine later in the day if it affects your sleep.
3. Try reading, gentle stretching, or quiet music as part of a calming routine.

Reflection questions

1. Which change to your evening routine feels most realistic?
2. What makes it easier or harder for you to follow a consistent evening routine?



Day 3: Nourishing Your Body



Nourishing meals are an important foundation for health during midlife. This section focuses on sustainable eating habits rather than restrictive diets or promises to balance hormones.

Midlife changes in body composition and energy can reflect several factors, including aging, menopause, sleep, activity, and health conditions.

Build meals around varied vegetables and fruit, whole grains, protein foods, and unsaturated fats. Include sources of calcium and vitamin D as part of your approach to bone health.

Your nutritional needs depend on your health and circumstances. If you have a medical condition or questions about supplements, seek individual advice.

Begin with familiar, nourishing foods and habits you can sustain.

Sources: The Menopause Society: Hot Flashes; Australasian Menopause Society: Menopause and Bone Health



Day 3: Put It Into Practice

Action step

Prepare a balanced meal with a protein source, vegetables or another fiber-rich food, and an unsaturated fat such as olive oil, nuts, or avocado. Eat at a comfortable pace and notice your experience.

Three helpful tips

1. Include protein foods such as beans, lentils, eggs, fish, tofu, or yogurt.
2. Include fiber-rich foods such as vegetables, fruit, beans, and whole grains.
3. Choose water regularly. Follow individual medical advice if you have a fluid restriction.

Reflection questions

1. Which nourishing meal could become a familiar part of your week?
2. What is one small change that would make nourishing meals easier to prepare?



Day 4: Gentle Movement



Regular activity supports general health during midlife. A balanced routine can include aerobic activity, strength exercises, and activities that support balance and flexibility.

Walking and other weight-bearing activities, together with appropriate resistance exercise, can support bone health. Stretching and suitable yoga may help flexibility and balance, but they do not replace strength training.

Choose activities suited to your abilities and build gradually. If you have osteoporosis, a history of fractures, or another condition that affects exercise safety, seek guidance about suitable activities.

Movement supports overall health, but it should not be presented as a reliable treatment for hot flashes.

Sources: The Menopause Society: Hot Flashes; Australasian Menopause Society: Menopause and Bone Health



Day 4: Put It Into Practice

Action step

Choose a manageable period of movement today. This might be a short walk, seated exercise, or another activity suited to your abilities. Begin with an appropriate duration and increase gradually.

Three helpful tips

1. Start gently and build gradually. Short sessions are a useful beginning.
2. Include different types of activity when appropriate: walking, strength, balance, and flexibility.
3. Choose enjoyable activities and adapt them to your needs.

Reflection questions

1. How did you feel before and after your chosen activity?
2. Which activity could fit comfortably into your usual week?



Day 5: Managing Stress



Midlife can bring overlapping pressures involving work, family, caregiving, and health. Menopause symptoms and disrupted sleep may make these demands harder to manage.

Stress, sleep, mood, and physical symptoms can influence one another. Your experience may reflect both the menopause transition and other circumstances in your life.

Brief breaks, supportive relationships, time outdoors, or a comfortable breathing practice may help you feel calmer.

These practices support wellbeing, but they are not established treatments for hot flashes and should not replace care for persistent anxiety, depression, or other troublesome symptoms.

Managing stress is not another task to perform perfectly. Begin with a practice that feels supportive and manageable.

Sources: The Menopause Society: Hot Flashes



Day 5: Put It Into Practice

Action step

Sit comfortably and breathe gently at a natural pace. If comfortable, try inhaling for about four seconds and exhaling for about six seconds. Continue for one or two minutes. Avoid forcing your breathing; stop if you feel dizzy or uncomfortable. This is a relaxation practice, not a treatment for menopause symptoms.

Three helpful tips

1. Take a brief pause between demanding tasks.
2. Time outdoors may offer a welcome break and connection with your surroundings.
3. Speak with someone supportive; seek professional help when you need it.

Reflection questions

1. Which responsibility or situation feels most demanding, and what support might help?
2. What is one manageable way to create a pause or ask for support today?



Day 6: Supporting Brain Health



Some women notice forgetfulness, difficulty concentrating, or mental fatigue during the menopause transition. These experiences are often called "brain fog."

Hormonal changes may contribute, but sleep difficulties, stress, mood, medication, and other conditions can also affect concentration.

Make room for rest, regular activity, social connection, and activities you enjoy. Reading, learning, and creative pursuits can provide meaningful engagement.

Puzzles and brain games should not be presented as proven ways to prevent dementia.

Discuss memory changes that persist, worsen, or interfere with daily activities with your healthcare professional.

Sources: National Institute on Aging: What Is Menopause?; National Institute on Aging: Memory, Forgetfulness, and Aging



Day 6: Put It Into Practice

Action step

Choose an enjoyable learning or creative activity: read, try a new skill, work on a craft, or have a thoughtful conversation. The aim is engagement and enjoyment, not testing your memory or promising a specific cognitive benefit.

Three helpful tips

1. Prioritize rest and address persistent sleep difficulties.
2. Include physical activity suited to your abilities.
3. Use practical supports such as reminders, lists, and a consistent place for important items.

Reflection questions

1. When do you feel most focused, and what makes daily tasks easier?
2. Which reminder or routine could make a daily task easier?



Day 7: Creating Your Wellness Plan



Menopause marks a new stage of life. This final day invites you to reflect on the week and choose a few supportive habits that fit your needs.

Rather than changing everything at once, identify a small number of realistic actions. A personal plan can help you remember what you want to practise and when to review it.

Lifestyle habits are one part of menopause care. If symptoms affect your quality of life, ask about treatment options as well as changes to daily routines. Depending on your circumstances, hormonal or nonhormonal approaches may be appropriate.

Sources: World Health Organization: Menopause



Day 7: Put It Into Practice

Action step

Choose three habits to continue. For each one, write when and where you will practise it and a smaller version for difficult days. Choose a date to review your plan.

Three helpful tips

1. Start with actions that fit your circumstances.
2. Adjust your plan when your needs change.
3. Recognize the steps you take without expecting a perfect week.

Reflection questions

1. Which habit feels most useful and realistic for you to continue?
2. How will you adapt your plan on a busy or difficult day?



Menopause Symptom Tracker

This tracker helps you record experiences and prepare for conversations with your healthcare professional. It is not a diagnostic tool.

Record your sleep, energy, mood, and symptoms. Note how much symptoms affect daily activities. Include menstrual changes if you are still having periods, and any vaginal or urinary concerns you want to discuss.

Your notes may suggest patterns; they do not establish the cause of a symptom.

Report bleeding changes to your healthcare professional. Any vaginal bleeding after menopause, including spotting, should be assessed.

Use the tracker in the separate worksheet PDF, or record these observations in a notebook.

Sources: ACOG: Perimenopausal Bleeding and Bleeding After Menopause



My Personal Menopause Wellness Plan

Use the planning worksheet to choose three manageable habits. For each, record your first small step, when you will begin, and what you can do on a difficult day.

Consider your sleep goal, movement routine, nutrition focus, and stress management practice. Choose a date to review your plan.

Questions for your healthcare professional

Could my symptoms have causes other than menopause?

Which symptoms or bleeding changes need further assessment?

What treatment options could help me, and what are the benefits and risks for my circumstances?

What should I know about bone health and routine preventive care?

When should we review my symptoms again?



Notes and Reflections

Daily observations

What did you notice today about your sleep, meals, activity, stress, or symptoms?

What helped this week?

Which practices felt useful, enjoyable, or manageable?

My next steps and questions

What will you continue? What would you like to discuss with your healthcare professional?

Writing pages are included in the separate worksheets. Keep your completed pages private and share them only as you choose.



Educational Sources and Further Reading

The resources below provide additional information about menopause, sleep, symptom management, and healthy aging. They are educational resources, not endorsements of this guide or evidence that a seven-day programme produces specific health outcomes.

World Health Organization: Menopause

National Institute on Aging: What Is Menopause?

National Institute on Aging: Sleep Problems and Menopause

The Menopause Society: Hot Flashes

ACOG: Perimenopausal Bleeding and Bleeding After Menopause

National Institute on Aging: Memory, Forgetfulness, and Aging

Australasian Menopause Society: Menopause and Bone Health

This guide provides general education and wellness reflection. It does not diagnose conditions, provide individual treatment advice, or replace care from a qualified healthcare professional.



About Natural Life Choices, Inc.



Natural Life Choices, Inc. focuses on practical health education, goal setting, and sustainable habits that support wellbeing during life transitions.

Our coaching and educational resources do not replace medical assessment or treatment.

This guide was created to offer accessible information and a gentle starting point for women navigating perimenopause and menopause.

Connect

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A Gentle Beginning

You have explored seven areas of daily wellbeing and reflected on your own experiences.

Choose one manageable step to continue. Keep recording what matters to you, and seek professional support when you need it.

Progress may be gradual. Your plan can change as your needs change.

Your next step

One habit I will continue: _____

One question I will ask: _____

My next review date: _____

Thank you for making time for your wellbeing.

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