

# YOUR MIDLIFE GUIDE



The answers to what every  
**smart** woman keeps googling  
at 2am.

Real talk for the real you.

THE *Life* EDITS

# *The Menopause Meltdown!*

*Menopause is more than just a biological milestone—it can feel like your body has betrayed you. The mood swings, the night sweats, the brain fog...they're not just inconvenient; they're disruptive.*

*Suddenly, tasks that used to feel effortless seem monumental.*

*Why it Matters*

Your relationships, work, and even your sense of self can take a hit. What's worse, this transition often comes with an unspoken shame or embarrassment. You might feel like no one really gets it, or worse, you should just "push through." But let me tell you: what you're feeling is valid, and you're not alone.

Were you even aware there are 34 medically recognized symptoms for Menopause and 25 for Perimenopause? Talk about throwing everything but the kitchen sink at us women! Let's take a stroll through these little gifts and identify how many you are experiencing right now.

Symptom	Description	Peri Menopause	Menopause	Me?
Hot Flashes	Sudden, intense feelings of heat, often in the upper body.	✓	✓	<input type="checkbox"/>
Night Sweats	Excessive sweating during sleep.	✓	✓	<input type="checkbox"/>
Irregular Periods	Unpredictable menstrual cycles or missed periods.	✓	✓	<input type="checkbox"/>
Vaginal Dryness	Lack of lubrication, causing discomfort or pain.	✓	✓	<input type="checkbox"/>
Decreased Libido	Reduced interest in sexual activity.	✓	✓	<input type="checkbox"/>
Mood Swings	Rapid and intense changes in mood.	✓	✓	<input type="checkbox"/>
Sleep Disturbances	Trouble falling or staying asleep.	✓	✓	<input type="checkbox"/>
Fatigue	Persistent tiredness or lack of energy.	✓	✓	<input type="checkbox"/>
Memory Problems	Difficulty recalling information or focusing.	✓	✓	<input type="checkbox"/>
Anxiety	Increased feelings of nervousness or fear.	✓	✓	<input type="checkbox"/>
Depression	Persistent sadness or loss of interest in activities	✓	✓	<input type="checkbox"/>
Weight Gain	Increased body fat, especially around the abdomen.	✓	✓	<input type="checkbox"/>
Hair Thinning	Reduced hair density or increased shedding.	✓	✓	<input type="checkbox"/>
Skin Dryness	Loss of moisture leading to rough or flaky skin.	✓	✓	<input type="checkbox"/>
Joint Pain	Discomfort or stiffness in the joints.	✓	✓	<input type="checkbox"/>
Headaches	Increased frequency or severity of migraines.	✓	✓	<input type="checkbox"/>
Digestive changes	Bloating, gas, or irregular bowel movements.	✓	✓	<input type="checkbox"/>
Body Aches	Generalized pain or muscle soreness.	✓	✓	<input type="checkbox"/>
Dizziness	Feeling lightheaded or off-balance.	✓	✓	<input type="checkbox"/>
Urinary Issues	Frequent urination or stress incontinence.	✓	✓	<input type="checkbox"/>
Tingling Sensations	Pins and needles feeling in the hands or feet.	✓	✓	<input type="checkbox"/>
Cold Flashes	Sudden chills or feelings of coldness.	✓	✓	<input type="checkbox"/>
Breast Tenderness	Pain or discomfort in breasts.	✓	✓	<input type="checkbox"/>
Emotional Sensitivity	Heightened reactions to stress or criticism.	✓	✓	<input type="checkbox"/>
Irregular Ovulation	Changes in the timing or occurrence of ovulation.	✓	✓	<input type="checkbox"/>

Symptom	Description	Peri Menopause	Menopause	Me?
Heart Palpitations	Sensation of a racing or irregular heartbeat.		✓	<input type="checkbox"/>
Loss of Breast Fullness	Breasts may feel less firm or lose volume.		✓	<input type="checkbox"/>
Increased Facial Hair	Growth of hair in areas such as the chin or upper lip.		✓	<input type="checkbox"/>
Osteoporosis	Weakening of bones, leading to increased fracture risk.		✓	<input type="checkbox"/>
Burning Mouth Syndrome	Sensation of burning or tingling in the mouth.		✓	<input type="checkbox"/>
Gum Problems	Increased sensitivity, bleeding, or receding gums.		✓	<input type="checkbox"/>
Taste Changes	Altered taste perceptions.		✓	<input type="checkbox"/>
Itchy Skin	Persistent itching, often without a rash.		✓	<input type="checkbox"/>
Allergies	Increased sensitivity or reaction to allergens.		✓	<input type="checkbox"/>
Brittle Nails	Nails becoming weak, thin, or splitting easily.		✓	<input type="checkbox"/>
Dry Eyes	Reduced tear production, causing irritation.		✓	<input type="checkbox"/>

Take control by understanding what's happening to your body. Knowledge is power.

- Seek expert guidance: Schedule time with a healthcare professional who specializes in menopause to explore treatment options like Hormone Replacement Therapy (HRT) or natural remedies.
- Prioritize self-care: Establish routines for better sleep, stress management, and nutrition to stabilize your mood and energy.
- Build your support system: Join groups or forums where other women share their menopause experiences—connection is powerful.

By taking control you will see the benefits of

- Restored sense of control over your health.
- Improved relationships as you navigate these changes with understanding.
- Renewed energy to focus on the things that matter most.

# *The Midlife Weight Mystery!*

*Ha! The sudden weight gain that seems to have appeared out of nowhere. It's not just about how your jeans fit; it's about how this change makes you feel about yourself.*

*Why it Matters*

You might feel frustrated, confused, or even defeated when your old strategies no longer work. Midlife weight gain isn't just a physical shift—it's emotional. You might catch yourself avoiding mirrors, skipping outings because nothing fits, or feeling like your body is working against you.

It's time to rewrite the script around your body.

- Reassess your nutrition: Midlife calls for a shift in how we eat. Focus on whole foods, lean proteins, and reducing processed sugars.
- Move for joy, not punishment: Explore exercise routines that feel good—whether it's yoga, walking, or strength training. This is about movement that energizes you, not punishes you.
- Rethink your relationship with your body: Practice self-compassion. Your body is adapting, and so can you. You should be thanking your body for getting you this far! Its magnificent, it truly is! It's time to lose the shame you feel as your body changes and embrace the feeling of adapting to take on the next Edit of life! Seek out a style expert to help you audit your wardrobe!

Benefits

- A sustainable, healthy relationship with food and exercise.
- Increased confidence and comfort in your skin.
- Better overall health and vitality to enjoy the years ahead.

# *The Empty Nest Void*

*When your children move out, it's a bittersweet milestone. You're thrilled to see them thrive, but suddenly, your role as "Mum" shifts, leaving an emptiness you didn't expect.*

*Why it Matters*

You might be finding yourself asking, Who am I now? What do I do with all this space both in my house and my heart? This void can feel overwhelming. For years, your time and identity revolved around your children. Without that structure, it's easy to feel untethered or unsure of how to move forward.

Rediscover yourself in this new chapter.

- Reconnect with your passions: Do you remember the feeling of being wholly focused on your hobbies. Dust yourself down and open up to new hobbies or the old ones you set aside during the parenting years. Take a class, join a club, or start a new project.
- Rebuild your social network: Strengthen old friendships or make new ones. Empty nesters often find joy in connecting with others navigating this transition. There are women exactly the same as you. Let's find them!
- Set new goals: Use this time to dream big! Travel, pursue a new career, or simply indulge in activities that bring you joy. The key is just to take a step into a new space... You'll thank yourself.

Benefits

- A renewed sense of identity and purpose.
- Freedom to design a life that reflects your passions.
- Richer, more fulfilling relationships beyond the parent-child dynamic.

# *The Midlife Financials*

*Money worries in midlife hit differently. You're not just thinking about today's bills—you're thinking about retirement, the unexpected costs that could arise, and how to maintain independence in the years to come.*

*Why it Matters*

Financial stress can weigh heavily, even if you've planned well. For many women, midlife also marks a time of career shifts or ending reliance on a partner's income, which can add to the pressure. You might feel like there's not enough time to "catch up."

Take control of your financial future.

- Do a financial check-in: Assess your savings, investments, and retirement plans.
- Diversify income: Consider exploring passive income streams, like consulting, digital skills, or investing in a side business.
- Educate yourself: Knowledge is power. Take a financial literacy course or work with an advisor to feel more confident in managing your money.

Benefits

- Peace of mind about your financial stability.
- Freedom to focus on your goals without constant worry.
- A clear path to long-term independence.

# *The Work–Life Balancing Act*

*In midlife, balance feels more elusive than ever. Between career responsibilities, family needs, and your own well-being, you're often pulled in too many directions. Without clear boundaries, burnout becomes inevitable.*

*Why it Matters*

This isn't just about time management—it's about energy management. You may feel drained, wondering if you're doing enough or if it's even possible to find time for yourself.

Redefine what balance looks like for you.

- Set boundaries: Learn to say no to tasks that drain you and yes to the ones that energize you.
- Prioritize self-care: Schedule time for rest and activities that nourish your mind and body and treat them as non-negotiables.
- Reassess your commitments: Focus on what truly aligns with your values and goals and let go of the rest.

Benefits

- Reduced stress and improved mental health.
- More time and energy to focus on what really matters.
- A sustainable approach to work and life that feels fulfilling.

# Final Thoughts


*Midlife isn't a time to fade into the background; it's your opportunity to step right into the spotlight of your own life.*

Yes, it comes with challenges, but those challenges hold the keys to your transformation. You might feel tired, uncertain, or even invisible at times, but you're not alone, and you're not done. There's so much more waiting for you: new opportunities, new passions, and a deeper sense of who you are.

Let's turn this Life Edit into one of reinvention, excitement, and joy. You have the power to shape your Midlife and beyond, into something extraordinary.

Trust me when I say, if I can create a fabulous Midlife Edit, you can do it too!

## Take The Next Step



Are you ready to dive deeper? Start your journey with the [Your Midlife Mirror](#), designed to guide you through these challenges and create an actionable plan for your Midlife Edit.

Prefer a more personal touch? Let's connect through a free [Discovery Call](#) to explore how I can support you in this transformative time.

Let's keep reimagining your life together!  
Reach out anytime at [lisa@thelifeedits.com](mailto:lisa@thelifeedits.com) or [www.thelifeedits.com](http://www.thelifeedits.com). I'd love to hear your story!