



# PERIMENOPAUSE CALM RESET WORKBOOK

Your 7-Day Companion for 3AM Anxiety, Hot Flashes,  
Work Overwhelm, and Feeling More Like Yourself Again

Guided support for steadiness, calm, and daily reset



# Welcome

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You are not here to do this perfectly.

You are here to feel calmer, more supported, and more steady — one day at a time.

This workbook is designed to help you get more out of your Perimenopause Calm Reset audio experience. It gives you a simple place to notice patterns, track what helps, and create a reset routine you can actually use in real life.

You do not need to fill in every line.

You do not need to have the “right” answers.

You do not need to force clarity.

Just begin where you are.

## **How to use this workbook**

1. Listen to the daily audio
2. Complete the matching prompt or tracker page
3. Keep your notes simple and honest
4. Use this as support, not pressure

## **A gentle reminder**

This workbook is here to help you feel more grounded and supported. It is not medical advice, diagnosis, or treatment.

# Start Here

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Before you begin, take one slow breath. Then answer these questions honestly.

## Right now, what feels hardest?

- |  |  |
|--|--|
| <input type="checkbox"/> Waking at 3AM with racing thoughts            | <input type="checkbox"/> I do not feel like myself                   |
| <input type="checkbox"/> Hot flashes or sudden waves of heat           | <input type="checkbox"/> Brain fog or feeling mentally scattered     |
| <input type="checkbox"/> Feeling anxious for no clear reason           | <input type="checkbox"/> I feel emotionally off, flat, or unsteady   |
| <input type="checkbox"/> Feeling overstimulated or easily overwhelmed  | <input type="checkbox"/> My body feels tense even when I try to rest |
| <input type="checkbox"/> Work stress feels harder to manage than usual | <input type="checkbox"/> I feel like I am holding too much           |

## Which one feels most urgent right now?

My main symptom right now is: \_\_\_\_\_

## When does it usually hit the hardest?

- |   |  |
|---|--|
| <input type="checkbox"/> In the middle of the night | <input type="checkbox"/> Late afternoon        |
| <input type="checkbox"/> First thing in the morning | <input type="checkbox"/> In the evening        |
| <input type="checkbox"/> During the workday         | <input type="checkbox"/> It changes day to day |

## What do I most want from this reset?

- |   |  |
|---|--|
| <input type="checkbox"/> To feel calmer           | <input type="checkbox"/> To stop spiraling so quickly            |
| <input type="checkbox"/> To feel more in control  | <input type="checkbox"/> To feel steadier at work                |
| <input type="checkbox"/> To sleep more easily     | <input type="checkbox"/> To create a routine I can actually keep |
| <input type="checkbox"/> To feel more like myself |  |

My biggest goal for the next 7 days: \_\_\_\_\_

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# Your Current Pattern

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Use this page to notice what has been happening lately.

## What tends to trigger my overwhelm?

- |   |  |
|---|--|
| <input type="checkbox"/> Heat                 | <input type="checkbox"/> Uncertainty                         |
| <input type="checkbox"/> Lack of sleep        | <input type="checkbox"/> Feeling emotionally "off"           |
| <input type="checkbox"/> Work pressure        | <input type="checkbox"/> Conflict or difficult conversations |
| <input type="checkbox"/> Too much stimulation | <input type="checkbox"/> My thoughts spiraling               |
| <input type="checkbox"/> Hormonal shifts      | <input type="checkbox"/> No clear trigger                    |

Other: \_\_\_\_\_

## What happens in my body first?

- |   |  |
|---|--|
| <input type="checkbox"/> Tight chest                    | <input type="checkbox"/> Restlessness                |
| <input type="checkbox"/> Faster breathing               | <input type="checkbox"/> Stomach discomfort          |
| <input type="checkbox"/> Heat in my face or upper body  | <input type="checkbox"/> Feeling frozen or shut down |
| <input type="checkbox"/> Tension in my jaw or shoulders | <input type="checkbox"/> Sudden alertness at night   |

Other: \_\_\_\_\_

## What happens in my mind next?

- |   |   |
|---|---|
| <input type="checkbox"/> I start overthinking       | <input type="checkbox"/> I lose focus                                 |
| <input type="checkbox"/> I feel urgency             | <input type="checkbox"/> I feel disconnected from myself              |
| <input type="checkbox"/> I start catastrophizing    | <input type="checkbox"/> I feel like I should be handling this better |
| <input type="checkbox"/> I feel emotionally flooded |   |

Other: \_\_\_\_\_

## What usually helps, even a little?

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## Symptom-to-Reset Quick Guide

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Use this page when you do not know where to start.

If this is happening...	Go to...
I wake up at 3AM and my mind starts racing	Day 3 — 3AM Anxiety Reset
I feel a hot wave rising or sudden physical agitation	Day 2 — Hot Flash Interrupt
I am about to enter a stressful meeting, call, or work situation	Day 4 — Before Work Composure
I feel overwhelmed and my body feels “loud”	Day 1 — Calm the Body First
I feel strange, off, disconnected, or not like myself	Day 5 — Not Feeling Like Myself
I want to build more steadiness into my day	Day 6 — Build Your Two-Anchor Routine
I want to create my personal next-step plan	Day 7 — Your Personal Reset Plan

My go-to reset for this week: \_\_\_\_\_

My second-best backup reset: \_\_\_\_\_

# My Daily Check-In

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Use this page once a day during your 7-day reset.

Today's date: \_\_\_\_\_

**Before today's audio, I feel:**

Calm  1  2  3  4  5  6  7  8  9  10

Overwhelmed  1  2  3  4  5  6  7  8  9  10

Physically tense  1  2  3  4  5  6  7  8  9  10

Mentally scattered  1  2  3  4  5  6  7  8  9  10

Connected to myself  1  2  3  4  5  6  7  8  9  10

Which audio did I use today? \_\_\_\_\_

What was happening right before I used it?  
\_\_\_\_\_  
\_\_\_\_\_

After the audio, what shifted — even slightly?  
\_\_\_\_\_  
\_\_\_\_\_

One sentence I want to remember today:  
\_\_\_\_\_

# 7-Day Reset Tracker

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Use a check mark, a few words, or a number. Keep it simple.

Day	Audio used	Main symptom today	Before (1-10)	After (1-10)	One word after
Day 1	_____	_____	_____	_____	_____
Day 2	_____	_____	_____	_____	_____
Day 3	_____	_____	_____	_____	_____
Day 4	_____	_____	_____	_____	_____
Day 5	_____	_____	_____	_____	_____
Day 6	_____	_____	_____	_____	_____
Day 7	_____	_____	_____	_____	_____

**At the end of 7 days, what helped most?**

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# My Two-Anchor Routine

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You do not need a perfect routine.  
You need a repeatable one.

### My morning anchor

What is one calming action I can return to each morning?

- Three slower breaths before looking at my phone
- A 1-minute body check-in
- A short reset audio
- Daylight before screens
- Water + one slow breath
- Hand on chest and breathe
- Other

My morning anchor is: \_\_\_\_\_

When I will do it: \_\_\_\_\_

### My evening anchor

What is one action that helps my system downshift at the end of the day?

- Longer exhales
- Lights down earlier
- No problem-solving in bed
- Short audio before sleep
- Phone off earlier
- Gentle check-in before rest
- Other

My evening anchor is: \_\_\_\_\_

When I will do it: \_\_\_\_\_

My reminder for both anchors: \_\_\_\_\_

My routine does not need to be impressive to be effective.  
It needs to be repeatable.

# If I Wake Up at 3AM

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This page is here for the nights that feel louder than everything else.

**If I wake up in the night, I want to remember:**

- |   |   |
|---|---|
| <input type="checkbox"/> I do not need to solve my life in the dark | <input type="checkbox"/> Rest still counts                |
| <input type="checkbox"/> This is activation, not emergency          | <input type="checkbox"/> I can lower the alarm in my body |
| <input type="checkbox"/> Night makes things louder                  | <input type="checkbox"/> Morning will make things clearer |

What usually makes the night spiral worse?

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What helps me feel even 5% safer or calmer?

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**My 3AM plan:**

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When I wake up at night, I will...

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# Workday Composure Plan

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For the days when you need to function, lead, decide, speak, and stay steady.

## What tends to activate me most at work?

- |   |  |
|---|--|
| <input type="checkbox"/> Meetings           | <input type="checkbox"/> Decision fatigue  |
| <input type="checkbox"/> Presentations      | <input type="checkbox"/> Performance pressure  |
| <input type="checkbox"/> Deadlines          | <input type="checkbox"/> Feeling physically uncomfortable while needing to stay composed |
| <input type="checkbox"/> Back-to-back calls | <input type="checkbox"/> Other   |
| <input type="checkbox"/> Conflict           |  |

What happens when I start to feel activated at work?

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What helps me feel more composed before a stressful moment?

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**My pre-work reset plan:** \_\_\_\_\_

Before a stressful meeting, call, or moment, I will...

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## Sentence I want to carry into work:

- Steady is enough
- I can be calm and capable at the same time
- I do not need urgency to perform well
- I can stay with myself here
- I am allowed to pause before responding

My sentence: \_\_\_\_\_

# When I Do Not Feel Like Myself

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## This does not need to be dramatic to be real.

Sometimes this phase of life can feel strange, disorienting, or emotionally unfamiliar. You may still be functioning and showing up, while also feeling disconnected from your usual inner footing.

This page is not here to force answers.

It is here to help you come back into contact with yourself.

Right now, "not feeling like myself" feels like:

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What do I miss most about how I used to feel?

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What feels different lately?

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What do I need in order to feel more like myself today?

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## Which of these feels most true today?

- I need more rest
- I need less input
- I need more quiet
- I need more honesty
- I need to stop pushing through
- I need more support
- I need one small calming action
- I need to lower the pressure I am putting on myself

### Reminder

I do not have to feel exactly like my old self to be fully myself.  
I can come back to myself one breath at a time.

# My Personal Reset Plan

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This is the page that turns insight into action.

Keep it simple.  
Keep it realistic.  
Keep it kind.

When I feel overwhelmed in my body, I will: \_\_\_\_\_

When I wake at 3AM, I will: \_\_\_\_\_

When I feel a hot wave or sudden activation, I will: \_\_\_\_\_

Before a stressful work moment, I will: \_\_\_\_\_

When I do not feel like myself, I will: \_\_\_\_\_

My morning anchor: \_\_\_\_\_

My evening anchor: \_\_\_\_\_

My most helpful audio: \_\_\_\_\_

My backup audio: \_\_\_\_\_

My personal reminder: \_\_\_\_\_

# Before You Go

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You do not need to do more in order to deserve support.

You do not need to feel perfect in order to be steady.

And you do not need to have everything figured out in order to begin again.

If this week helped, keep using the audios that support your real-life moments:

- the night spiral
- the hot wave
- the workday pressure
- the feeling of being off, disconnected, or unlike yourself

The goal is not perfection.

The goal is a steadier response.

A kinder return.

A more supported nervous system.

A more grounded version of you.

## Final reflection

What helped me most this week?

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What do I want to keep using from here?

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