

Perimenopause Symptom-to-Reset Quick Guide

Find the best audio to use based on what feels hardest right now

Use this guide when you are not sure where to start.

You do not need to figure everything out. You only need the next best reset.

IF THIS IS WHAT'S HAPPENING, START HERE

3AM racing thoughts

Start with: Day 3 — 3AM Anxiety Reset

Backup reset: Day 1 — Calm the Body First

Best for: middle-of-the-night spirals, sudden alertness, restless wakeups

Sudden heat or overwhelm

Start with: Day 2 — Hot Flash Interrupt

Backup reset: Day 1 — Calm the Body First

Best for: hot flashes, body surges, fast physical activation

Stress before work moments

Start with: Day 4 — Before Work Composure

Backup reset: Day 1 — Calm the Body First

Best for: deadlines, difficult conversations, presentations, stressful work moments

Feeling off or unlike yourself

Start with: Day 5 — Not Feeling Like Myself

Backup reset: Day 1 — Calm the Body First

Best for: emotional disconnection, inner unfamiliarity, identity fog

Everything feels too loud

Start with: Day 1 — Calm the Body First

Backup reset: Day 6 — Build Your Two-Anchor Routine

Best for: general overwhelm, mental noise, nervous system overload

I want more steadiness overall

Start with: Day 6 — Build Your Two-Anchor Routine

Backup reset: Day 1 — Calm the Body First

Best for: building consistency, morning and evening support, daily structure

I want a simple personal plan

Start with: Day 7 — Your Personal Reset Plan

Backup reset: Day 1 — Calm the Body First

Best for: choosing your go-to resets, creating your next-step routine

Quick daily rhythm

Morning

Start with Day 1 if your body already feels loud, or Day 4 if you need composure for work.

Midday or stressful moments

Use Day 2 or Day 4 depending on whether the stress feels more physical or more work-related.

Evening or night

Use Day 3 before bed or any time you wake up in the night.

Disconnected / emotionally off

Use Day 5 when you need to come back into contact with yourself.

Routine building

Use Day 6 when you want more steadiness across the day.

Reminder

You do not need the perfect reset.
You only need the right next step.

If you are unsure, begin with:

Day 1 — Calm the Body First