

**5 WAYS TO MANAGE YOUR  
MENOPAUSE  
BEFORE  
IT MANAGES YOU**



**SOPHIA**  
WOMEN'S COACH AND MENTOR  
**CLEVERLY**

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Welcome!!

Hi I am Sophia Cleverly, your midlife coach.

I want to celebrate you for taking charge and resourcing yourself!

Your menopause journey will be as unique as your fingerprints and the memories you make. It will as unique and special as you are in fact. Don't let menopause manage you; take control with these five easy to master everyday tools, the five pillars of building a positive and empowered menopause journey for yourself.

If you are like 1000's of other women, including myself, then you have downloaded this guide because you want to feel more in control and less anxious, you want more energy to do what matters to you most and enjoy it while you are at it.

Well, you came to the right place! The five simple tools I offer here are evidence based and have helped me and the many women I have worked with at every stage of the menopause.

Love to you!  
Sophia



# HOW TO USE THIS GUIDE

I offer these tools to you in certain knowledge that they can help you too. You can use the principles and tools described here to create new lifelong habits that will support your wellbeing - during your perimenopause, menopause and beyond.

Most importantly, Use it flexibly, keep what works and discard what does not - FOR YOU.

Just by downloading this guide, you are making a commitment to YOU – before you go further, make a vow to be your own best friend from here on. You are not meant to know it all at once. If you take a little baby step every day in the right direction, you will arrive at a completely new place in your menopause journey; just like I, and the many women I have worked, also did.

Under each tool there is an information box and a tools and resources box. Tick the boxes as you go along so you can track your progress and reward yourself.

So you know why you are here and you know what you want, you have committed to YOU – all that remains is for me to share with you the five most powerful strategies for not just manging the menopause, but using it as a catalyst for a fresh sense of your power, purpose and passion.

Step this way...



# AWARENESS

First things first – let's make sure you have a clear idea of where you are on our menopause journey? Knowledge is power!

The most common question I get asked is "Am I even in the perimenopause?" So – If you are unsure – then you are not alone. Let's help you get some of the basics sorted:

Perimenopause is the period, usually our 40s, before the menopause, lasting on average 8 years. During this time you will be noticing physical, cognitive, psychological and sexual changes, but because you are still having periods, even if they are a little less reliable, you are not yet in your menopause proper.

Menopause, the day a year after your last period. Commonly 51yrs. Personally I will be organising a large menopause party when I get there :)

Post menopause, the period after the menopause, which, if handled right can become an incredible Second Spring!

## TIPS

In terms of how to empower yourself with greater awareness, my two biggest tips are:

- Know about symptoms
- Know yourself by tracking your cycle and how you feel.

## RESOURCES

There are lots of resources out there – but two I recommend are

- <https://www.menopausematters.co.uk/greenescore.php>
- [Dr Louise Newson's Balance App.](#)

There are so many books and podcasts it can be overwhelming - look out for my list of preferred links on my social pages.

My current favourite is Louise Newson's [Preparing for the Perimenopause and Menopause](#)

[The Complete Guide to the Menopause](#) by Dr Annice Mukherjee

[Second Spring](#) by Kate Codrington (for info and self care)



# MINDFULNESS

Mindfulness has become such a buzzword it is easy to dismiss it as some sort of fad – but I want to say right now **MINDFULNESS HAS BEEN MY MOST GAMECHANGING PRACTICE** and it has been scientifically proven to alter your brain- in a good way :).

If you have a resistance to the idea of mindfulness – and many of my clients do – then take a breath, remember your new commitment to your wellbeing –try it- and see what happens!

Mindfulness has altered my and my clients' natural reactions to stress and challenge - from reactivity and fear to presence and choice. It has helped us to be more fully self-expressed and make better decisions. If ever I find myself on the road to burnout because I am doing too much - I now notice before I am on my knees!

These effects are particularly beneficial during the perimenopause, a time when changes can become confusing and distressing, allowing you to be with yourself and the changes you are experiencing in a way that was not available to you when all you were doing, as most people are, was trying to think your way through it by fixing, ignoring or simply distracting yourself.

## TIPS

1. Mindful breathing: each morning, practice taking three deep and slow breaths. Don't get involved in thought, don't change the way you breathe - just simply notice the feeling of the air passing in and out of your nostrils -- and that's it! Thoughts and feelings will naturally arise, your mind will drift to other things - and when you notice that has happened, simply lead it back to the job of noticing the breath – just as you would toddler who has strayed from a path – no need for frustration – but compassionate patience.
2. Mindful eating. Simply put – slow down, bring your attention to your food. Notice your food as you prepare it - take time to notice the smell, taste and texture. Look at it, smell it, taste it before you chew it and then chew slowly. This will help your digestion, regulate the amount you are consuming - and make your food tastier!
3. The techniques are simple, but mastery of your busy worried mind takes time and it is easy to lose faith – but here's a suggestion – give this practice a few moments every day for a month – and then take stock. If you are like me and thousands of others, you will already start to feel the benefits.

## RESOURCES

There are some excellent resources such as Jon Kabat-Zinn " Mindfulness for Beginners " - audiobook also available - <https://amzn.to/3iYdyhR>  
Calm or Headspace apps are also both excellent.



# VISUALISATION

What, in the dead of night, lying awake and sweaty perhaps, do you wish for?? Visualisation can help! This tool has worked wonders in my life and is also a habit of highly successful people – but how does it work?

It is definitely **NOT WOOWOO**...

Over the years and the thousands of experiences you have had, your brain has developed certain filters which define which information you receive and how you perceive reality as a result! Put crudely, you keep on finding the same issues in front of you because they are what your brain is programmed to look for!

However, genuinely new experiences will create genuinely new pathways in your brain and – and the good news is that our brain experiences things real and imagined as if they are equally real – and visualisation is the perfect tool to trick your brain that it is genuinely experiencing new ways of being!

## TIPS

Spend a little bit of time every day visualising what your best life might look like, and how you will feel about it. Be specific about what you are doing as that Best You - getting a promotion, speaking kindly to yourself, being generous with yourself, children or partner, feeling happy, standing tall, speaking out.....taking action to commit to your health goals and your growth.

Simply by doing this, after a while, you will find the perception filters your brain has created beginning to change as you visualise new skills and experience in new areas - and in so doing new possibilities will naturally begin to arise. **COOL OR WHAT??**

## RESOURCES

Visualisation can feel a bit far out if you aren't used to it – but trust me – it's another beautifully powerful and simple tool and to help you get started

Try the Best self visualisation that I have made for you on IG for example here. Save it and listen to it every day.

### **BEST SELF VISUALISATION**

It's less than 30 seconds!



# SELF COMPASSION

Many people believe that they need to be self-critical to motivate themselves, but in fact they just end up feeling anxious, incompetent and depressed. If ever you stop to notice your inner critic, you will be shocked by the lack of compassion you show yourself. Self-compassion steps in precisely when we fall down, allowing us to get up and try again.

The good news is that if you manage to transform your-self talk from detractive to supportive, you will experience what research has repeatedly shown - that people who are more self-compassionate lead healthier, more productive lives than those who are self-critical. And the feelings of security and self-worth provided by self-compassion are highly stable.

Research shows that far from encouraging self-indulgence, self-compassion helps us to see ourselves clearly and make needed changes because we care about ourselves and want to reach our full potential.

## TIPS

Start your journey to greater self-compassion in two simple steps :

1. Simply begin to notice your inner critic and how it feels when you are being self-critical. Mindfulness will help with this.
2. Find ways to speak to yourself with encouragement like you would a good friend & start to actively engineer encouraging conversations with yourself.

## RESOURCES

If you would like more detail on this, why not read Dr Neff's book [Self Compassion. The Proven Power of Being Kind to Yourself](#) and have a look at the practices at [www.selfcompassion.org](http://www.selfcompassion.org).

Remember - every time you flip the script on your inner critic, and choose to be kind to YOU, you are working out your self-compassion muscle - and it will get stronger!



# SELF EXPRESSION

As the oestrogen levels drop, so it seems does our capacity to tolerate inauthenticity in our lives and relationships – and that can be a bit of a shock to us and the people around us as we transform into people who say it like it is. This is good news - we work best when we are self-expressed in kind ways, because we enter the "m-we" state of being which is best for the common good - and our own.

After a lifetime of managing ourselves and other people, many women in mid-life start to become aware of all the things they are NOT saying, of the feelings they are NOT sharing, of the conflicts they are avoiding - and all the times we allowed worries about being "too much" or "not enough" to prevent us from fully expressing our needs and feelings.

The good news is that better self-expression allows us to communicate our needs and set boundaries, to aligning ourselves with our values and having a life that we are creating and advocating for our needs to partners, work, our kids, health providers... in every area of life.

## TIPS

Identify your weaknesses. Where and when does your lack of self expression manifest and what is the impact? be honest.

Tracking your cycle and symptoms will also help you here because reluctance and lack of confidence with self expression can also come with brain fog, inattention and confusion as well as memory challenges (which can happen in perimenopause) do get your symptoms checked by your health provider - never assume!

So - tracking will help you with your awareness and self expression! - being heard and with your ability to advocate for yourself.

Boring as it may seem preparation is key - perhaps partner up with a friend and make a listening partnership to encourage each other and grow in this area.

## RESOURCES

How to design a listening partnership  
<https://www.handinhandparenting.org/2016/08/listen-launch-post-what-is-a-listening-partnership/>  
Try some practices here to foster and lean into you self expression  
<https://positivepsychology.com/self-expression/>

**AMAZING YOU!**

**YOU NOW KNOW**  
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**AND HELP OTHER**  
**WOMEN MANAGE**  
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**5 WAYS TO**  
**MANAGE YOUR**  
**MENOPAUSE**

**WHAT IS YOUR FAVOURITE?**  
**TAG ME ON YOUR WINS ON SOCIAL**  
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**WANT TO BUILD ON THESE AND BE THE BOSS OF**  
**YOUR MIDLIFE JOURNEY? GET IN TOUCH**

**... THE BEST YOU IS ALREADY ON HER WAY! :)**

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