

# NAVIGATION TIPS FOR THE MENOPAUSE TRANSITION

## Self Care for You

Michelle Skurray



**Embracing Courage**

***Offering Hope***

created by  
Michelle Skurray

[www.sensez.net](http://www.sensez.net)  
integrating counselling + coaching + training + resources





Your

**SELF CARE**

**Nurture Tool Kit**

## **TIME FOR YOUR SELF**

**Take time out each week to have a date with yourself. Make time to nurture yourself with a concrete loving action.**

**An example would be: buy yourself a coffee, go to the pictures, go for a walk in your lunch hour, a brisk 20 minute walk can dramatically alter consciousness, buy yourself some pencils and a colouring-in book, pick some flowers from the garden and put them in a vase, buy your favorite hair shampoo or some beautiful soap.**



ULEVARD ELLE (15<sup>e</sup>)  
SÈG. 66

PARIS

08

09

10

11

## **JOURNALING**

**Suggestion: Three pages of longhand writing in the morning  
- before you do anything else – sometimes referred to as  
‘brain drain’. Just write, write about  
anything. Nothing is too petty, too silly, too stupid or too  
weird to be included. There is no wrong way to do this  
journaling. No need to read over them straight away, in fact I  
encourage you to leave it for about 10 weeks before you go  
back and read over them. When you finally read over the  
pages of your journal, you will gain an insight into yourself  
that you  
may not have seen before. For me personally, this type of  
journaling has given me a self-awareness that I didn’t have  
before. I have begun to see the truth about myself instead of  
denying my feelings. It has given me courage to explore  
more of myself and a new found freedom.**





## **A BOX**

**This is a tool to place either pain that you don't want to deal  
with right now,  
or you may want to place dreams or values that you hold for  
yourself.**







## **A CUP**

**A reminder to fill up your emotional tank.**

**Spending time with good friends.**



## **PLAY**

**Work at learning to play again. Learn to  
take yourself lightly. Creativity will be  
freed and spring from it.**

**Hobbies are essential to the joyful life and are creatively  
useful. Many hobbies involve a form of artist-brain thought  
that can lead to huge creative breakthroughs.**





## **AFFIRMATIONS**

**Affirmations help to encourage our thoughts to change from negative to positive. At first this may feel uncomfortable - but it works!**

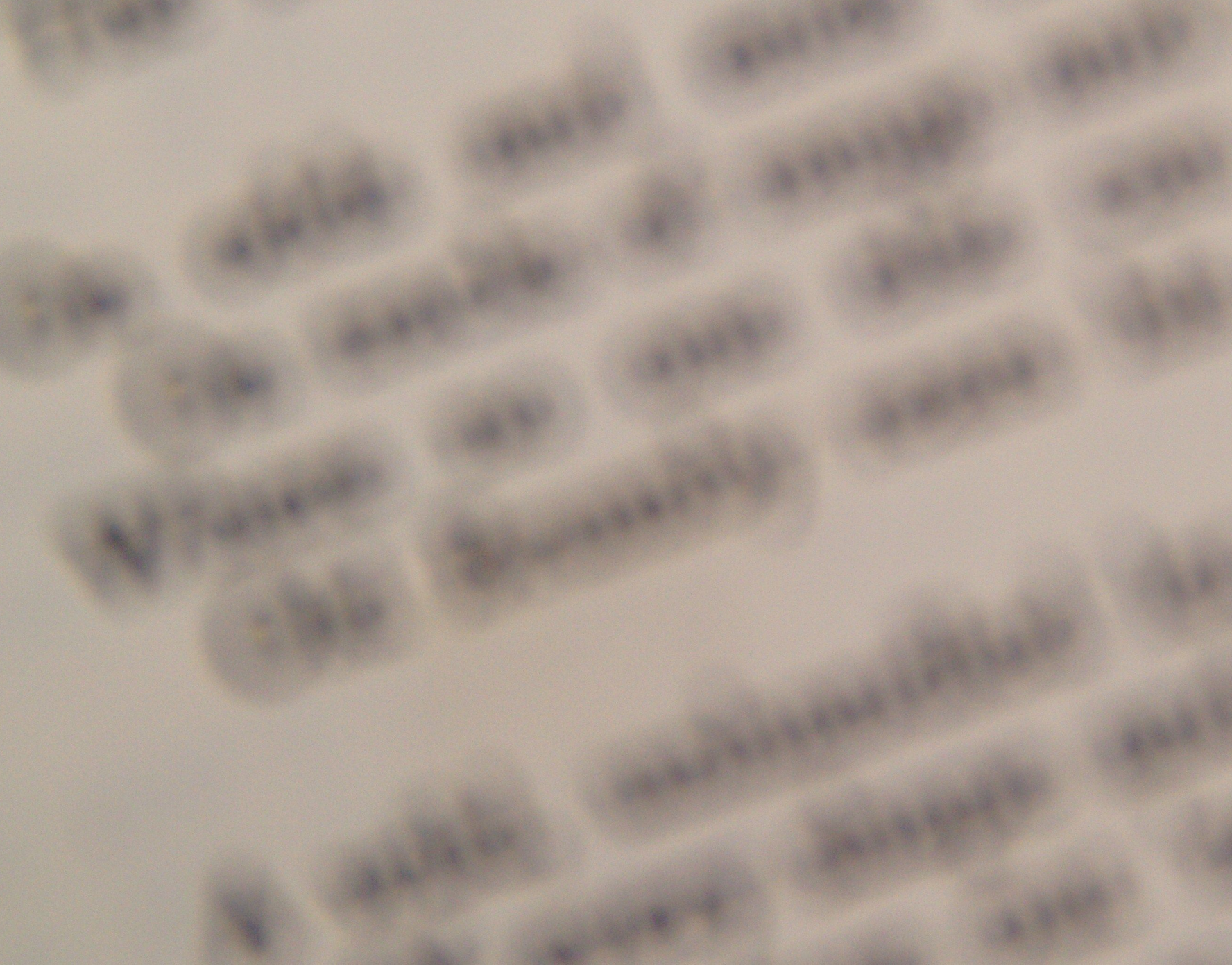
**Try practicing statements like these or write your own. “I deserve love”**

**“I am a valuable member of this organisation”**

**Instead of saying; “I am hopeless” practice saying; “I am brilliant and successful in what I do’**

**Instead of saying; “I hate myself” practice saying; “I love and approve of myself”**







## **EXERCISE & HEALTH CHECKS**

**Make time for regular exercise  
and  
health checks  
with your doctor, dentist,  
physiotherapist, chiropractor,  
massage therapist...  
it's the only body you've got!**



**DEBRIEF WITH A FRIEND, MENTOR OR COUNSELLOR**

**Make regular time to talk about your day, your week, or life experiences.**

**It will help release the built up 'charge' and stress within you.**





add your own ideas and plans...