

Take Control of Your Menopause Journey: Your One-Page Survival Guide

Are You Ready to Regain Balance Naturally?

If you're feeling overwhelmed by the symptoms of perimenopause—like fatigue, mood swings, or restless nights—this cheat sheet is here to help you reclaim your energy and well-being, one step at a time.

Quick Tips for Navigating Perimenopause Naturally

1. Nourish Your Body:

Prioritize whole foods like leafy greens, lean proteins, and healthy fats.

Balance blood sugar with small, frequent meals throughout the day.

2. Move with Intention:

Engage in gentle, regular exercise like yoga, walking, or swimming. Strength training can also support bone health and reduce muscle loss.

3. Master Your Sleep:

Create a calming bedtime routine—disconnect from screens 1 hour before bed. Try relaxation techniques like deep breathing or guided meditations.

4. Manage Mood Swings:

Practice mindfulness or journaling to process emotions.

Incorporate omega-3 and magnesium-rich foods for mood support.

5. Find Support:

Surround yourself with a supportive community that understands. Seek guidance from certified menopause specialists when needed.

For more information about how WELLthy Coaches can help, contact us at info@WELLthyCoaching.com or explore our website to learn more [wellthycoaching.com](https://www.wellthycoaching.com)



Join Our Live Online Course to Take Holistic Control of Your Menopause Journey

Through WELLthy Coaching's 8-Week Live Online Course, you'll learn to manage your symptoms naturally without hormone replacement therapy (HRT). Engage with health & wellness coaches and connect with a supportive group of women on a similar path. **Reserve Your Spot Today!**