

The Great Pause



If there were different stories told
about a woman's mid-life then this
stage in our lives would feel like a
crescendo

A beautiful, powerful build up of deep
wisdom and experience

Of pain and joy
of heartbreak and breakthroughs

The dance of life that we own and
behold as our life's work
not something to brush aside and
question its worth

My Personal Story

At age 37 after over 25 years of dealing with challenging periods that had become increasingly difficult after having children I had decided that I needed to address my situation and take a more forceful approach to taking care of my health.

About 12 months prior to this I had been running an advertising agency and the combination of having 2 small children and the demands of a stressful job had meant that there was no time for me - I had been ignoring the whispers of change within my body for quite some time. Yet ALL of the signs that something was changing were there - brain fog, heightened and irrational emotions, increased pain during my periods that were frequent and felt never ending.

After a long overdue visit to the doctors I was referred to a specialist and after 2 minor operations to try and rectify the issues I elected to have a radical hysterectomy and subsequently went into a surgical menopause.

My Mission

A huge part of my struggle at this time was that I felt completely alone - I had no one to talk to as most of my friends were still having children. I had been sent home from the hospital with no after care or support structure I started to try and put back the pieces. For me - my starting point was to finally put myself first and so started the long journey of looking after my physical, emotional and spiritual needs for the first time in my life.

My mission to help other women to do the same has emerged out of this journey - 12 years of trial and error and allowing myself to truly understand how to love myself deeply at this stage in my life, to be patient and ultimately be gentle in setting a pace that allows me to thrive.

Now I get to work with some amazing women who also feel a bit lost at this stage in their lives - they are leaders and entrepreneurs who are feeling as though they have lost the essence of themselves. Together we create a new pathway that ultimately leads them home to themselves, mind body and soul.

My Mission cont..

There are patterns with all of them that I see throughout my work:

- Peri-menopause and menopause can have a significant effect on confidence and self-belief leading to periods of self-doubt and imposter syndrome
- confusion about what is happening to them, how their bodies are changing and the effect this has on their mental health
- a feeling of isolation and that 'it must be them' like they cannot cope or are somehow failing at menopause
- Feeling unable to cope with all of the physical symptoms such as disrupted sleep patterns, low moods, joint aches, tiredness etc

If you look at all of these symptoms they can make you want to run for the hills but I am here to tell you that:

- You are not alone. You are part of a wonderful, exclusive community (of millions)
- You are not failing at anything - these are testing times and we need to upgrade our operating system to be able to deal with this new normal
- You need to start to put yourself first - your mind, body and soul need it
- This is not an ending - it truly is a beginning

Stories of Influence & Role Models

I talk a lot about the power of storytelling - it really is one of the most vital ways we can alter and challenge negative stereotypes. Sadly, the menopause has some very strong, and often negative, stories attached to it which I am determined to reframe! Let's have a look at some of the little beauties that exist in the world:

- That somehow we are diminishing at this stage - our looks, our beauty, our abilities, our brain function - the list of things we 'are not' seem to be endless
- That menopause is something we need to 'get through' and survive
- That we are losing who we once were and we will never get her back

Storytelling & Role Models

Our role modelling has also created stereotypes that do not fit with putting ourselves first at this stage in our lives. We have witnessed women shape shifting for years and contorting themselves into the role of carers, home makers and that our role is:

- To continue to give, give and give some more both in and out of work
- That we are running out of time and there is no time to slow down and be selfish with how we spend our time and where we place our energy
- That this is some kind of ending - when really it is truly is a beautiful beginning

What if we

truly did this see this as some kind of beautiful beginning? And what if we were the new role models, the one's who told stories of hope and achievement and love.

- That we are losing who we once were and we will never get her back

So let's change the story together.

If different stories were told about a woman's mid-life then this stage in our lives would feel like a crescendo. A beautiful, powerful build up of deep wisdom and experience. Of pain and joy, of heartbreak and breakthroughs. The dance of life that we own and behold as our lives work, not something to brush aside and question its worth.

The most important thing to remember is that your menopause and how you feel throughout it can change for the better by introducing some simple changes. I have seen women transform their lives in as little as 2-4 weeks and I would like to share some of the methods I use with you:

Firstly, and most importantly - CHOOSE YOU! Every day.

Mindset - meet yourself where you are today and be prepared to see yourself as amazing. No ifs no buts. You are already amazing - start with that thought every morning and end with it every night.

Movement –take a much deeper look at what your body is saying it REALLY needs. Take a moment to pause throughout the day to do a body scan and ask yourself ‘What do you need right now lovely friend’. And don’t forget – what worked for you a few years ago and even a few months ago might not work for you now – move into what I call The Gentle Observer stage. Gently observe how you body is changing and what it needs – without judgement or expectation. Moving into this state of observation will allow you to come from a place of patience and kindness with yourself which is crucial at this stage.

Nourishment – This is about more than nutrition – it is about everything that we consume from food to opinions and even social media. It is about making choices that are good for you mind, body and soul and recognizing those moments when you have put your needs first.

Rest – this is more than just sleep. It is about creating a pace to your day/week that allows you to create micro moments of rest and rejuvenation. All of those times when you pause to fill yourself up so that when you do go to bed each night your body does not feel wired and depleted but has had regular moments that have already created space for you to enjoy deep rest.

Breath – a biggie but also one of our simplest, most immediate and powerful tools available to us. Take moments throughout your day to take deep, loving and restorative breaths – the impact on your body and your mindset will be huge and will start to retrain your brain into connecting your breath to something much deeper – an investment in your entire wellbeing.

Finally – Your menopause is a superpower! When you started to hear me describe your menopause as a superpower you may have been expecting some amazing tools and tips that you have never heard of before – and instead I have shown you that you had the power all along.

The power within your body and your mind to create small yet mighty moments of calm, love and peace within your day.

The only thing you need to do now is choose to activate it, be patient, and start the slow beautiful process of unlearning all of the stories inside and out that tell you all of the things you are not – then replace them with stories of wonder of all of the amazing things that you are.

You are wonderful. xx