



Master Your Menopause – Managing Anxiety Tool Kit Guide

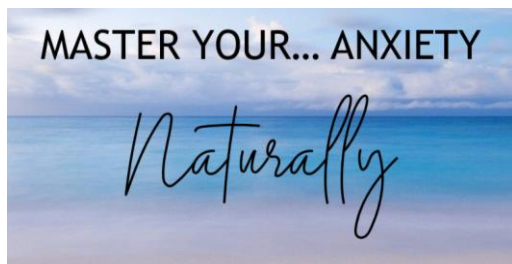
Did you know that you can deal with anxiety physically as well as emotionally?

A lot of people try the mind set only approach but anxiety is a real physical thing, it's happening in your gut, it's your adrenal response to stressful situations running wild and it's causing a nutritional depletion; so we need to create an intervention to your body as well as your brain.

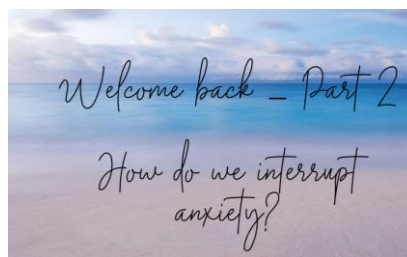
Physically stepping into your anxiety with this guide will help you stop the overactive adrenal response, whilst enabling your body to start replenishing nutrition. Over time this will aid the healing of your body so that it doesn't have this overactive stimulation.

How you think about anxiety is what can cause anxiety, a catch 22 situation; in this guide and video I will show you how to think yourself separate from this physical reaction and how to not attach negative emotions too it.

This guide sits alongside my videos '**Master Your Anxiety Naturally**' which you can access here:



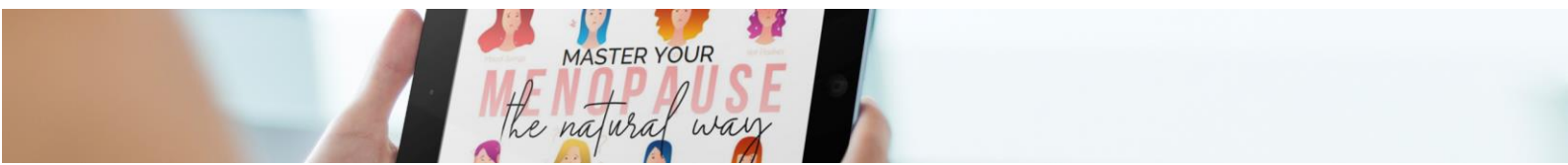
[PART 1](#) (32 mins)



[PART 2](#) (47 mins)

Your Mood is Your Food

90% of your brain chemicals are made in your gut. Keep a strong gut for a strong mind. If you're having a bad day look at the amount of sugars, processed foods, alcohol, caffeine and fruit you had yesterday. Combat how you feel today with good food (veg, nuts, seeds, berries) plus all your supplements. If you need help with food then this guide will set you on the right path – [Eating for the Perimenopause and Beyond](#)



Super foods are brain food! You've heard the term now, the power of antioxidants and essential fatty acids, these are the foods to pack your diet with now!

Resolving an imbalanced/poor gut bacteria is the path to literally feeling happier. The stronger your gut, the more brain chemicals are made and the more balanced your moods will become.

Supplements

Supplements are needed to do a couple of things, the first is to stop the over easy release of adrenalin and the second is to tackle the nutritional depletion that anxiety may have caused in your gut, body and mind.

Ashwaganda – to stop the overactive adrenal response and allow healing

Multi vitamins, Magnesium and further supplements to replenish your body's missing nutrition, more details here: cotswoldmenopause.co.uk/shopmenopausesupplements

If you purchase from cytoplan, use code **CYT122819-35-10** for a 35% discount this time, and 10% on subsequent orders.

Probiotic - Strengthen your gut bacteria to extract the full nutrition and keep gut, liver and brain functions robust. This is a probiotic I use and recommend [Microbz Biolive Woman](#) use code **MBZCM10** for a discount. A probiotic is only then as good as the vegetation you feed it, so eat something green / berries every day, and even better 2/3 times a day!

Exercise

Releasing feel good chemicals to your brain, exercise can allow you to dejunk the rubbish in there, clear out and then create new ideas and positive thoughts, so exercise is wonderful for dealing with anxiety. Even just running up the stairs or a 3 minute dance to a track on the radio is all you need to dissipate that feeling as it arises.

There is a great rule to follow for the amount of exercise that you do:

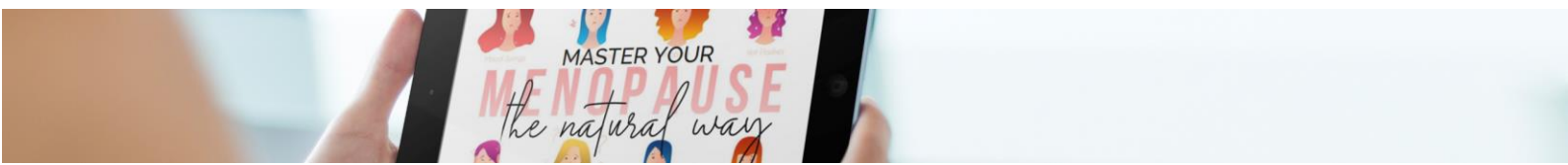
Gentle if prolonged time, short time for high active/impact. Too much high impact/cardio will exacerbate your anxiety, make you more emotional and disrupt your sleep, so keep these as short bursts. HIIT stands for High intensity INTERVAL training, interval means short bursts and not a whole hour of intensity.

Here's a couple of questions to ask yourself about your exercise:

Do I feel positive and energised for the rest of the day?

Do I sleep well?

Do I get flushes day/night?



If yes to the first two and no to flushes you're doing the right kind and amount of exercise. If symptoms do appear then moderate/alternate what you are doing.

If you feel great, revitalised and sleep well after exercising you're doing it right 😊 For more insight on exercise, check out this bonus video [here](#)

QI GONG

A replenishing exercise style to calm you down quickly, relax or revitalise, Qi Gong works for you, try this short video to de-stress and calm down in 5 minutes with these 3 exercises in Qi Gong:

youtube.com/watch?v=M_uN05H12PE

Check out Holden Qi Gong as a great introduction to this beneficial exercise

Don't attach your emotions to anxiety

Dismiss the 'feeling' as it starts with the notion that this is **just a chemical squirting too easily**, its triggered by the menopausal change and isn't worth your further thoughts. Your continued thinking about anxiety triggers more adrenalin (and cortisol) to be released.

"This is a process happening in my body right now, if I let it go, it will go...."

- Remember excitement is the same feeling as anxiety, it's how you interpret it – should you be feeling excited today?
- If not, don't attach any emotion to it, it is a physical process that is happening in your body right now, you're taking the supplements, you're doing what you can, don't hang onto it now.
- Replace Anxiety with gratitude, this especially helps in the middle of the night as it switches the chemicals released in your brain to ones that make you sleepy.
- Replace stress with calm where possible, don't feel as though you need to challenge yourself further at this time. You don't need to prove anything, stepping out of your comfort zone may cause further stress; aim for pursuits and actions that bring you back to a sense of calm not discomfort.

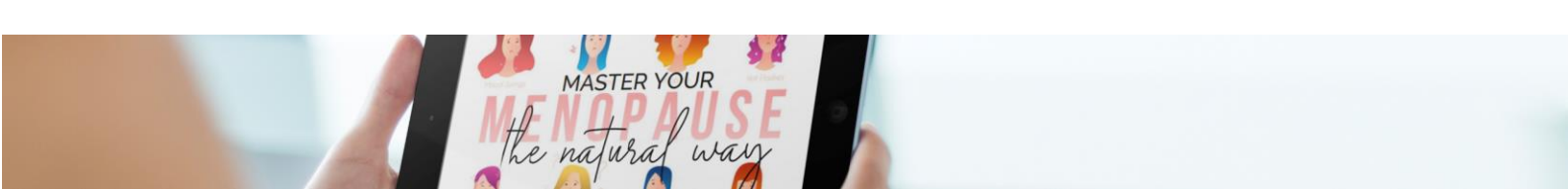
Can't let go of a thought that is causing you anxiety? Ask yourself these simple questions: and keep asking until you give yourself an honest answer (this may help to have someone else ask you):

Is it really true?

Am I absolutely sure it's true?

How do I react when I think that thought?

Who would I be without this thought right now? (Think positive 😊)



This is an excerpt from Byron Katie – ‘The 4 Questions’. These questions help you to break down the story you’re telling yourself about your situation 😊

Inspirational

You can keep a positive mind set in a couple of ways:

Pop a mindset/meditation app on your phone – even meditations as short as 3 minutes can calm you down and make you feel more positive

I also recommend **Deepak Chopra’s 21 days of Abundance meditations** (free on you tube)

Deep breathing – again one you may require external support for, you can use an app to help you, or a style you’ve learnt with your exercise like yoga, or download these **breathing chimes** which I love to use:

cotswoldmenopause.co.uk/usefultemplates

Breathe out and then in, in time with the chimes

There are days when you’ll feel like you can’t overcome it, those are the days when you want to reach for the comfort foods. However if you also add in the foods/supplements for your gut, this **WILL** help boost how you feel about this situation.

Inspirational TV/ Podcasts - Look and listen to media that inspires you, lifts you up and helps you feel calm. Avoid media that makes you feel anxious, guilty or overly emotional (including social media).

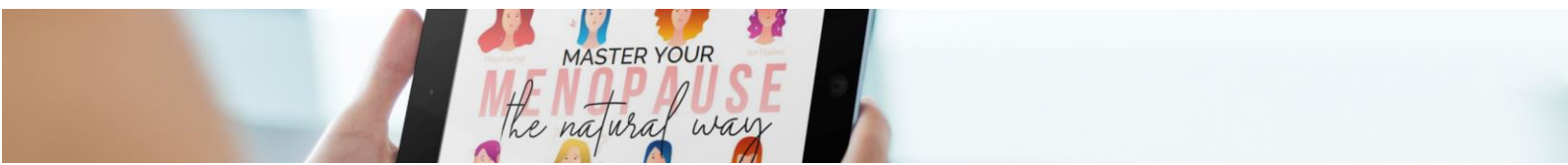
Be curious! This overcomes feelings of ‘*why does this happen to me?*’ and ‘*I don’t know what to do?*’ Knowing that this is happening to you, and you are not alone, reach out and find a place with other people, be inquisitive, look for positive answers, look again for inspirational teachers and professionals, don’t be in a group that draws you down, don’t be a victim of a circumstance you can change; only go to places that lift you up!

The Chinese medicine part

Keep your kidneys warm. If you suffer severe anxiety you probably feel the cold as well. Keeping kidneys, wrists, ankles and the soles of your feet warm supports your kidney energy, and aids the healing process of your adrenals.

Add gently warming spices to your food and drink – Cardamom, Cinnamon, nutmeg, and all the curry spices (in moderation), pepper, chilli. All of these spices warm your food/drink up energetically which will warm you up internally and again support the kidney energy to strengthen it.

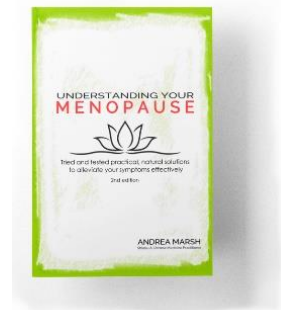
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Eat all your food at room temperature or warmer. Eating/drinking very cold/damp food/drinks forces your body to warm up internally, this uses up additional energy that you don't have spare when you're severely anxious. Also this would exacerbate symptoms like IBS, loose stools.

Have you read 'Understanding Your Menopause'?

My book explains in a way that you can easily read and digest what is going on with your hormones, emotions, energy and symptoms; and most importantly what you can do about it. Available in paperback or instant download, read more [here](#)



The power of scent is your friend

You may not know but essential oils contain elements in their scent that works on your brain in a matter of seconds. Have you ever sniffed something, maybe like a freshly squeezed orange and gone 'ahhhhh'; and suddenly you feel so much better? The scent molecules reach your limbic system in your brain, associated to memories and emotions, and also work on your endocrine system (hormones) incredibly quickly.

Citrus scents – uplifting

Geranium – stress relieving

Lavender and Chamomile – calming

Find your favourite scent and keep the bottle to hand, just a slow inhalation can change how you feel in 20 seconds. I also created Blossom cream to help calm and cool, [read more here](#).

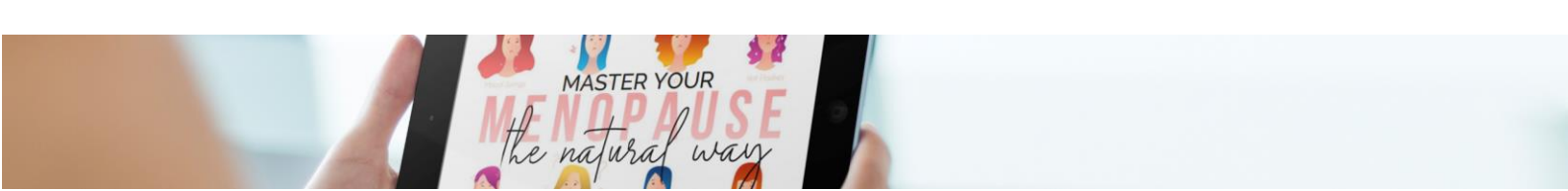
Sleep

It's obvious to say 'get good sleep' that'll sort out so much, but in reality trying to get a good night's sleep can be extremely difficult. All of the points mentioned in this guide will help aid your sleep, and you can read about the major causes of insomnia here:

cotswoldmenopause.co.uk/post/surviving-menopause-6-reasons-for-your-insomnia

If sleep still continues to elude you, this would be a good time to think about a [consultation](#) to help unpick the complexities and help you gain back some precious sleep back.

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Summary

Physical aspect – this is real and it is a system in your body being too quick to react to stressful situations.

Emotional aspect – you can choose not to engage with your anxiety, this is easier when you're on Ashwaganda as its going to take a lot of the reaction out of your gut. Choosing gratitude over anxiety will help you feel more positive about it, as there is no space in your brain and emotions when you're thinking about the best things in your life.

Healing aspect – this takes time. All the advice above is to aid healing of this response, to calm the nervous trigger, make you feel happier and more positive.

Change starts today, you only have to choose in this moment to do so

Cotswold Menopause

Andrea is a shiatsu and Chinese medicine practitioner who has used her theory and knowledge to work out practical and effective natural solutions to ease your menopausal symptoms naturally.

If you would like to read further Andrea's book 'Understanding Your Menopause' steps you through what is going on in your peri/menopause with clarity and support, helping you relieve your symptoms as you read on.

She also has a successful video series to help you overcome the worst of your symptoms in 28 Days. Andrea also offers private consultations to help you investigate one aspect of or review your complete menopause situation for an outcome that will leave you healthier and happier for your menopause and beyond. Your vital health is at the core of what Andrea does and so if you have concerns about your post-menopausal health this is all part of what she offers. For more information on all solutions for you menopause [see here](#).

KNOWLEDGE . PAUSE . FLOURISH

