

Compassionate Self-Care Steps

A Path Back to You Through Menopause Workshop Accompaniment

These workshop practices sit inside the four *Compassionate Self-Care Mindset Steps*. When practiced with intention and consistency, they become the start of your own self-discovery journey back to yourself.

They've been designed to build your mind/body connection with kindness, allowing your inner *Kind Compassionate Friend* to lead the way in creating a steadier support. One that works from the inside out to give your body what it needs to support you better through this change.

1

Desire for change

You recognise something needs to change, you listened to that inner voice instead of pushing it aside.

2

Get on your own side

You slow down and tune in to your body and nervous system, meeting yourself exactly where you are with kindness, interrupting the stress loop and preparing your body to find steadiness. Here's a tool to help . . .

ABC - Check in & Finding Ground

Use in the moment if you feel overwhelmed, tune into where your body has taken you and find some steadiness.

Attend to yourself - tune in - it's the doorway to meeting your body just where it is.

Breathe - slow down and take an intentional deep breath.

Connect - to your body and the ground - feel your feet on the floor and the steadiness of that connection. Now, with kindness start to notice, where has your body taken you - what nervous system state?

Now you can respond rather than react.



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Find your inner anchor

You reach for inner strategies that build steadiness through nervous system support. Here's how . . .

The supporting practice

Daily Heartscape Breathing Practice

Inspired by the Heartmath's heart focussed breathing technique

10 mins a day or 5 mins in the morning and 5 mins in the evening.

Consistent practice builds vagal tone, retraining your nervous system to be more flexible (less likely to get stuck in survival mode), and for your inner *Kind, Compassionate Friend* to become stronger in you. The breathing pattern becomes a cue of safety your body recognises.

Set up Find somewhere comfortable to sit with your back straight and feet flat on the floor. Gently close your eyes or lower and soften your gaze, if this is more comfortable - your choice.
Take a deep centering breath.

Shift your focus and spend a moment feeling every part of your foot on the floor and the steadiness of this connection.

Moving inside more, come back to your body and your breath. Feel the sensation of your breath as it moves in and out of your body, notice where your breath is in your body.

Start to slow and deepen your breath, moving it right down into your lungs, feeling your side ribs expand on the in breath, and fall back together on the out breath. Keep it easy and gentle resting here in this rhythm for a few moments.



Now place your palm on your heart - feel the warmth of this connection and just breathe.

Imagine breathing from your heart space - breath flowing in and out of this place - stay with this focus.

Start to slow your breathing down - 5 counts in, 5 counts out. Don't force it, keep it gentle and easy - find your own pace. Stay here for at least 5 mins. . . .

Notice what's happened in your body - is it softer, your mind less busy Notice your inner *Kind Compassionate Friend's* presence, this is her home. You might build a picture of her, feel her. The clearer she becomes the more you can call on her whenever you need to find your way home.

Stay here and breathe for as long as you need to and when you're ready bring yourself back to the room and open your eyes.

Once your body begins to recognise this breath, it becomes a cue of safety and you can reach for its rhythm in the moment, when difficult situations come. This is also a great breath to practice if you can't get to sleep!



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Take compassionate action

You choose to show up for yourself differently, not forcing change but choosing with kindness and clarity to meet yourself where you are, letting your kind, compassionate friend lead, not your inner critic.

Thank you for taking part in this workshop. I hope it's been meaningful and helpful. If you need further support or would like to explore more of my work, please get in touch.

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