



MIDLIFE MATTERS

The Winter Exhale of Emotions



WELCOME

Hi.

As a certified Health and Wellness Coach and Menopause Coaching Specialist, I am extremely passionate about supporting you to live life and thrive through a process of self-awareness, accountability, and behaviour change.

Creating a space to shape the path for your personal aspirations and desires to be embedded into your life to live well and resilient, is my commitment to you.

The other amazing benefits of working with a coach on a one-to-one basis, or a group coaching workshop, includes igniting a sense of hope and optimism. Motivating you to embrace a healthy lifestyle and feel motivated to propel forward in making lifestyle changes that result in better health, quality sleep, less stress, increased physical movement and energy levels. The list goes on.

For now, let's talk about midlife and how we can exhale our emotions when we need to.

This workbook is designed to create a space for self-reflection and action.

Let your mind be open to change and allow beautiful things to fall into place.

Sadie



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WHAT'S BENEATH THE SURFACE?

Sometimes the emotions we carry are like the still waters of winter - calm on top, yet full of movement and weight underneath.

Your first 'reflection' invites you to pause and explore what's really going on beneath your own surface.

Using the silhouette as your imaginary body, reflect on the emotions you're holding, and notice where tension or stress lives in your body. **No judgement - just your own intuition.**

Connect with your current emotions and uncover what you are holding onto beneath the surface.

Ask yourself: Where, in your body, are you holding onto stress and emotions?

- What emotions am I holding onto?

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- Where in my body do I feel tension or stress?

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- What triggers these feelings?

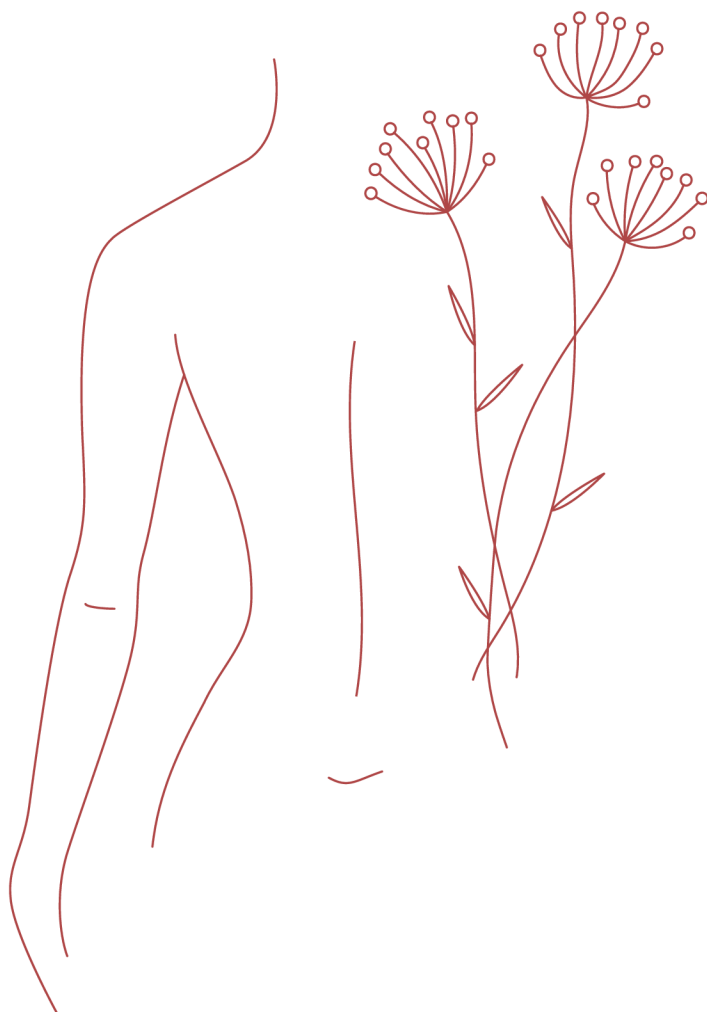
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- When did I last feel calm and in control?

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FEEL IT - NAME IT - CHANGE IT

Every emotion carries a message.

Some we welcome, and others we wish would leave us sooner.

Take a moment to bring one of your most challenging emotions to the top of your mind.

- **Feel It** - feel and name the emotion
- **Name It** - describe how it impacts you
- **Change It** - choose the support, boundaries, or habits that could help you respond differently.

Even one small change can create a ripple effect to a more balanced season ahead. Exhale your winter emotion - take a breath.

When we stop and think about emotions, we create an emotional awareness to a plan for personal change.

FEEL IT Which emotion mostly gets in your way?	NAME IT What's the impact on your mind and body when this emotion takes over?	CHANGE IT What support, boundaries, or habits could shift this pattern?

MY WINTER EXHALE COMMITTMENT

I will exhale my winter emotions today

so that I can release feelings of.....

I will continue being kind to myself in times of unease.

I accept that life will bring me heart-felt harmony, joy, and fulfilment
when I honour that my emotions and feelings are mine - and only mine.

I am the creator of my intentions and I am AMAZING!

Signed: _____ Date: _____





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