



Weight Management

Mindfulness Prescription

- Weight loss is not linear — expect ups, downs, plateaus, and temporary setbacks.
- Medication supports you — it does not replace lifestyle.
- Obstacles WILL happen. “Rebound” days or weeks are normal.
- This must be a lifestyle approach, not a quick fix.
- Be proactive. Do not wait for motivation — build structure.
- Choose exercise you enjoy so you will continue long term.
- Cardio improves heart and mental health.
- Resistance training builds muscle and changes body composition.
- Look at your environment:
 - What foods are in your home?
 - Are household members supportive?
 - Are you willing to change what you buy and keep accessible?
- Ask yourself honestly: Are you ready to lose weight?

Mindfulness Goals

Stress, overwhelm, overthinking, including forgetfulness and trouble concentrating, is a common symptom of midlife, andropause, menopause, perimenopause, and weight imbalance. This worksheet helps you track when this occurs and find strategies to activate being present, not practicing worry or overwhelm mental habits.

Track Your Mindset Habits

Record when you experience stress/overthinking and its intensity for one week.

Day	Intensity					Time	Notes (e.g., during specific tasks)
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		

Implementing Stress/Overthinking Management Strategies

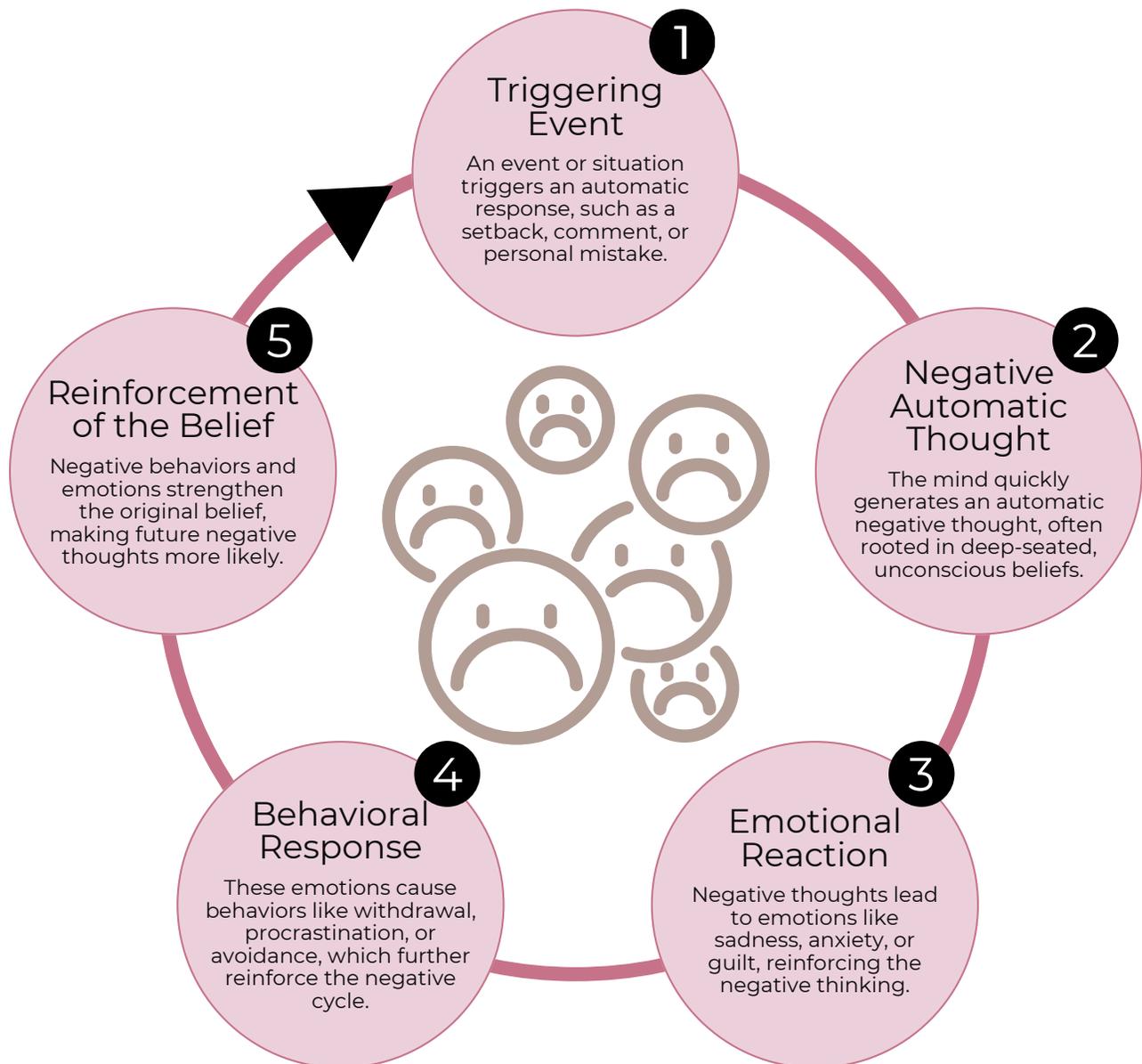
Check off each strategy as you implement it, and evaluate which work best for you.

Strategy to Implement
<input type="checkbox"/> Get enough sleep: Aim for 7-8 hours of quality sleep each night.
<input type="checkbox"/> Practice mental exercises: Practice morning or evening meditation, deep breathing exercises, journaling, or guided meditations. YouTube has great guided meditations and visualizations.
<input type="checkbox"/> Stay hydrated: Drink plenty of water to help support brain function.
<input type="checkbox"/> Exercise regularly: Physical activity helps improve blood flow to the brain.
<input type="checkbox"/> Take short breaks: Step away from tasks to give your brain time to recharge.
<input type="checkbox"/> Keep a to-do list: Writing things down can help you stay organized & on track.

Tip: Try using more than one strategy at a time to see what works best for reducing stress and overwhelm.

Negative Thought Cycle

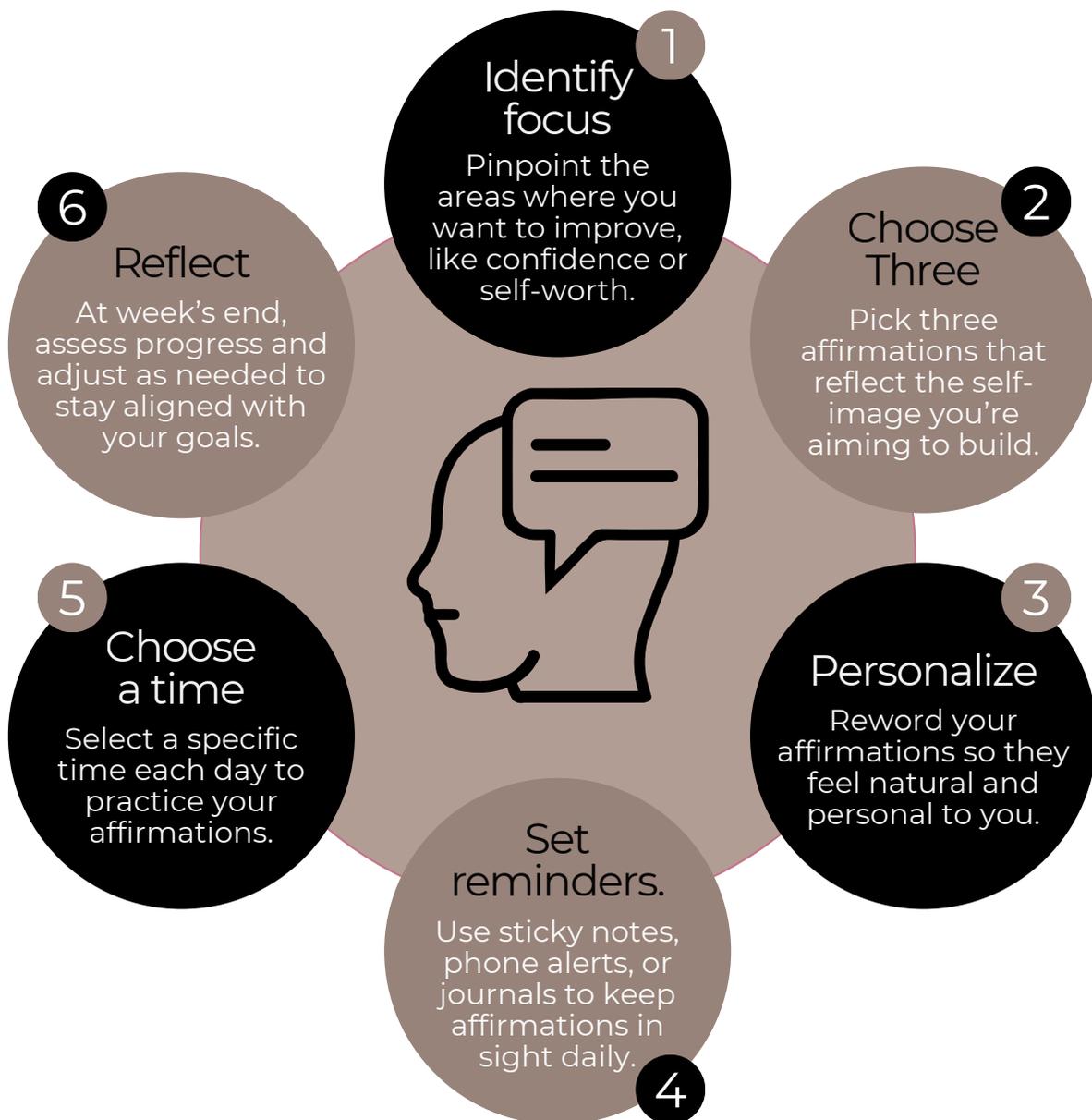
The negative thought cycle shows how negative thinking can become an ingrained pattern, especially during menopause. Recognizing this cycle is the first step to breaking it and promoting healthier, more balanced thinking. The cycle generally follows these stages:



By recognizing and addressing each stage of the negative thought cycle, you can start to break the pattern and replace negative thoughts with healthier, more empowering ones.

Creating a Positive Self-Talk Routine

In this exercise, you'll develop a daily routine to cultivate consistent positive self-talk. By focusing on encouraging affirmations each day, you'll gradually shift from negative thoughts to more supportive, empowering beliefs that help you navigate this phase of life with confidence.



Positive Self-Talk

Positive self-talk can greatly improve your confidence and help you manage challenging moments during this phase of life. By regularly using uplifting and supportive words, you become your own source of strength and reassurance. Use the space below to write a positive statement or thought for each situation that affects your self-esteem.

Situation or Challenge	Positive Statement

Negative Thinking Patterns

Negative thinking patterns can distort how you see yourself, your experiences, and the world. These patterns often lead to frustration, stress, and low well-being. By recognizing these thinking traps, you can challenge and reframe them into more balanced, realistic thoughts.



How to Recognize Negative Self-Talk

Recognizing negative self-talk is essential for building a healthier mindset, especially during periods of change or stress. Here are a few common signs that you might be engaging in negative self-talk, along with descriptions to help you better understand each one.



Catastrophizing

You immediately jump to the worst possible outcome, even if it's unlikely. This type of thinking creates unnecessary fear and anxiety.

Example:

"If this symptom doesn't go away soon, my whole life will fall apart."



Personalizing

You automatically blame yourself for things beyond your control, taking on responsibility for everything that goes wrong.

Example:

"It's my fault I can't manage these symptoms."



Discounting the Positive

You downplay your accomplishments or the positive aspects of your life, focusing only on what you haven't done.

Example:

"Sure, I went for a walk today, but it wasn't long enough to matter."



Should Statements

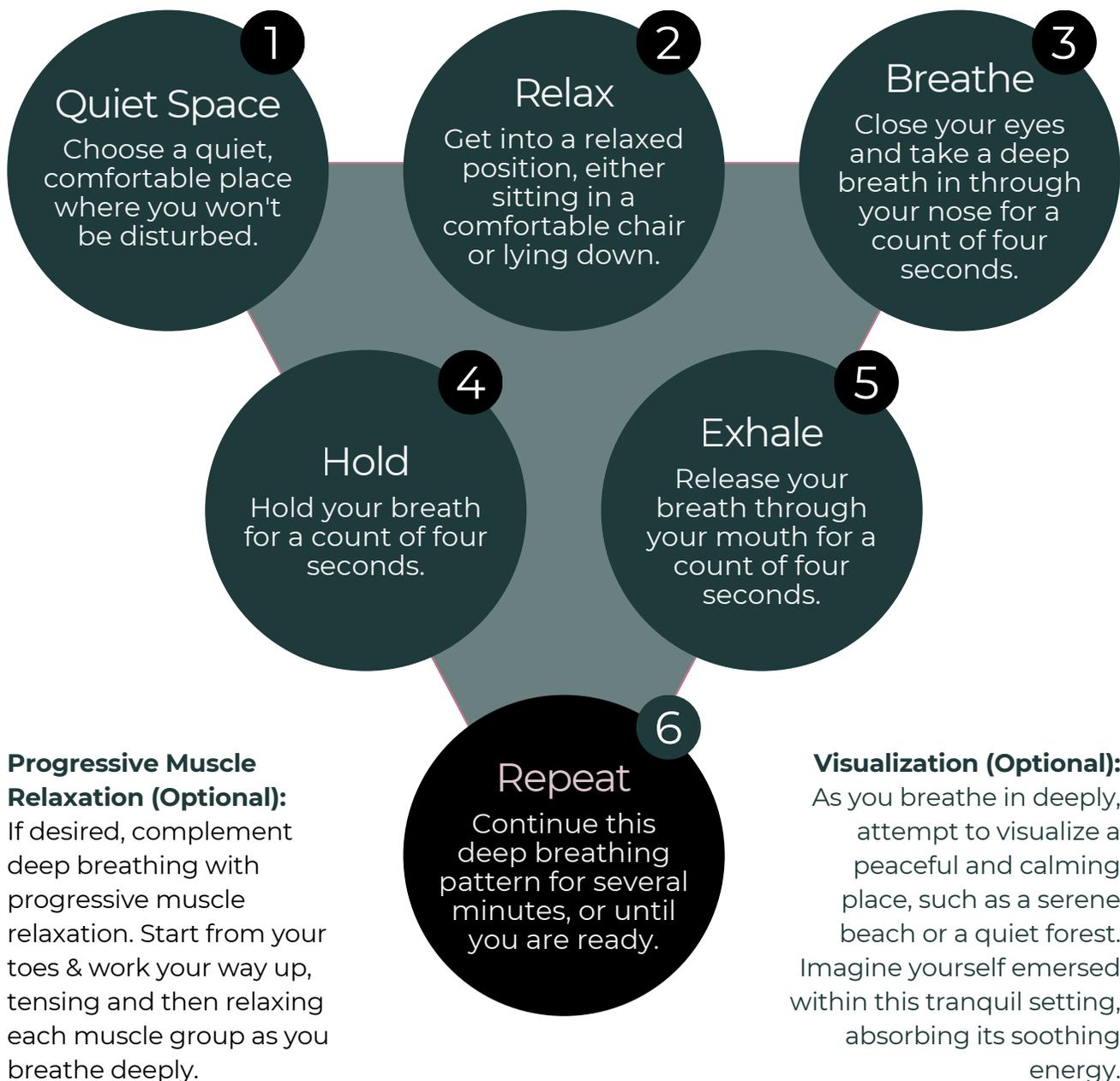
You constantly tell yourself what you "should" or "shouldn't" do, leading to guilt or frustration when reality doesn't match expectations.

Example:

"I should be able to handle this much better than I am."

Deep Breathing & Relaxation Techniques

One effective way to cope with intense emotions and impulsivity is through deep breathing and relaxation techniques. These exercises help you regain a sense of calm and control in the midst of emotional turmoil.



4-7-8 Breathing

The 4-7-8 breathing technique is a simple yet effective way to reduce stress and promote relaxation. By following a specific pattern of inhaling, holding, and exhaling, you can help calm your nervous system and create a sense of balance. Before you begin, find a comfortable place to sit and remove yourself from all distractions.



Tip for Practicing 4-7-8 Breathing

For best results, practice the 4-7-8 breathing technique twice a day, ideally in the morning and before bed. Over time, this practice can help you manage stress more effectively and improve your overall sense of calm and well-being.

4

Slowly breathe in through your nose for a count of 4, feeling your abdomen rise as you fill your lungs with air

7

Gently hold your breath for a count of 7, noticing the pause

8

Exhale completely through your mouth, making a whooshing sound, for a count of 8

Repeat 4x

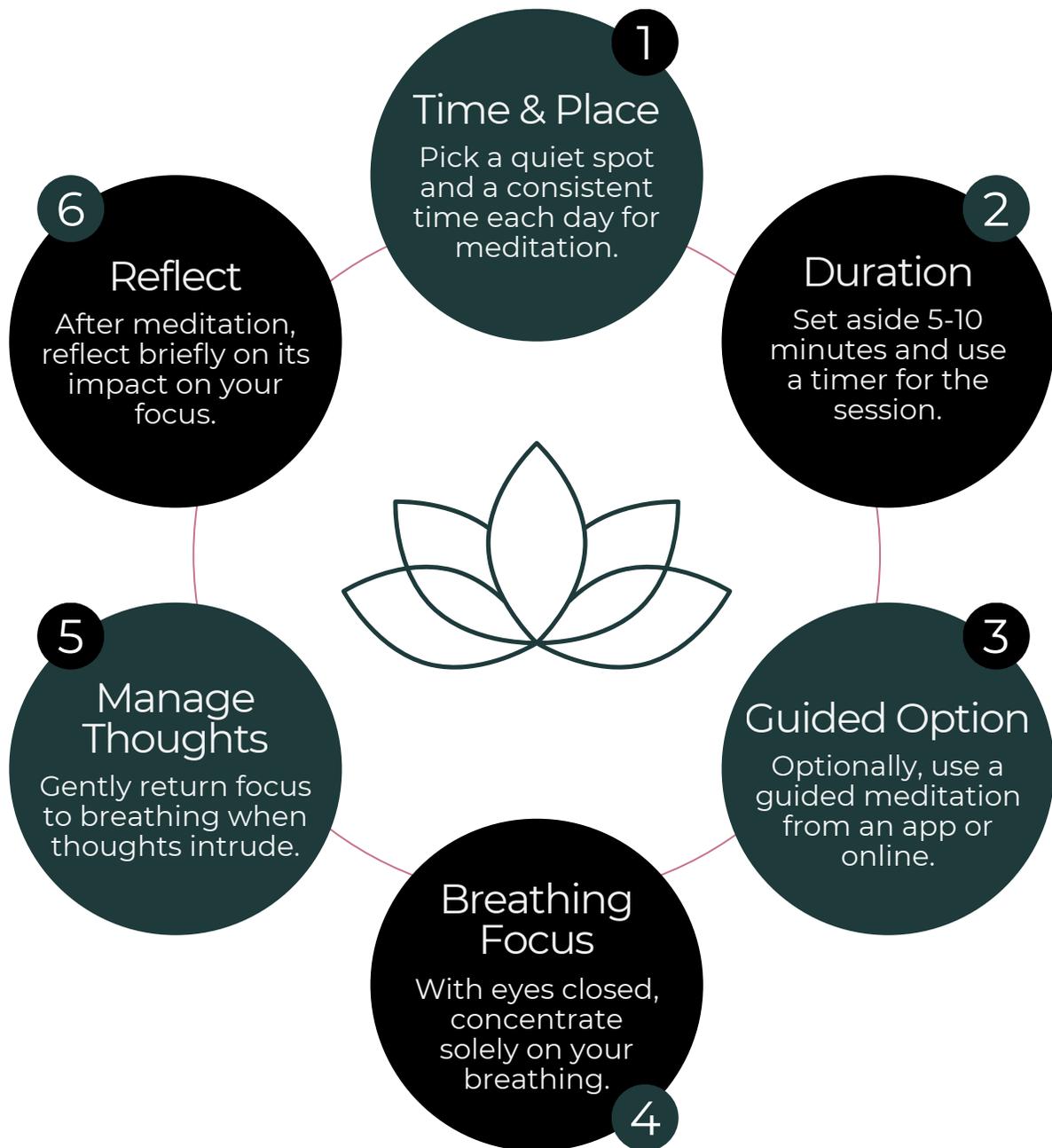
Mindful Breathing Practice

In this exercise, you'll practice Mindful Breathing, a simple but effective technique for reducing stress and anxiety. By focusing on your breath, you can anchor yourself in the present moment, helping you feel calmer and more in control.



Daily Mindfulness Meditation

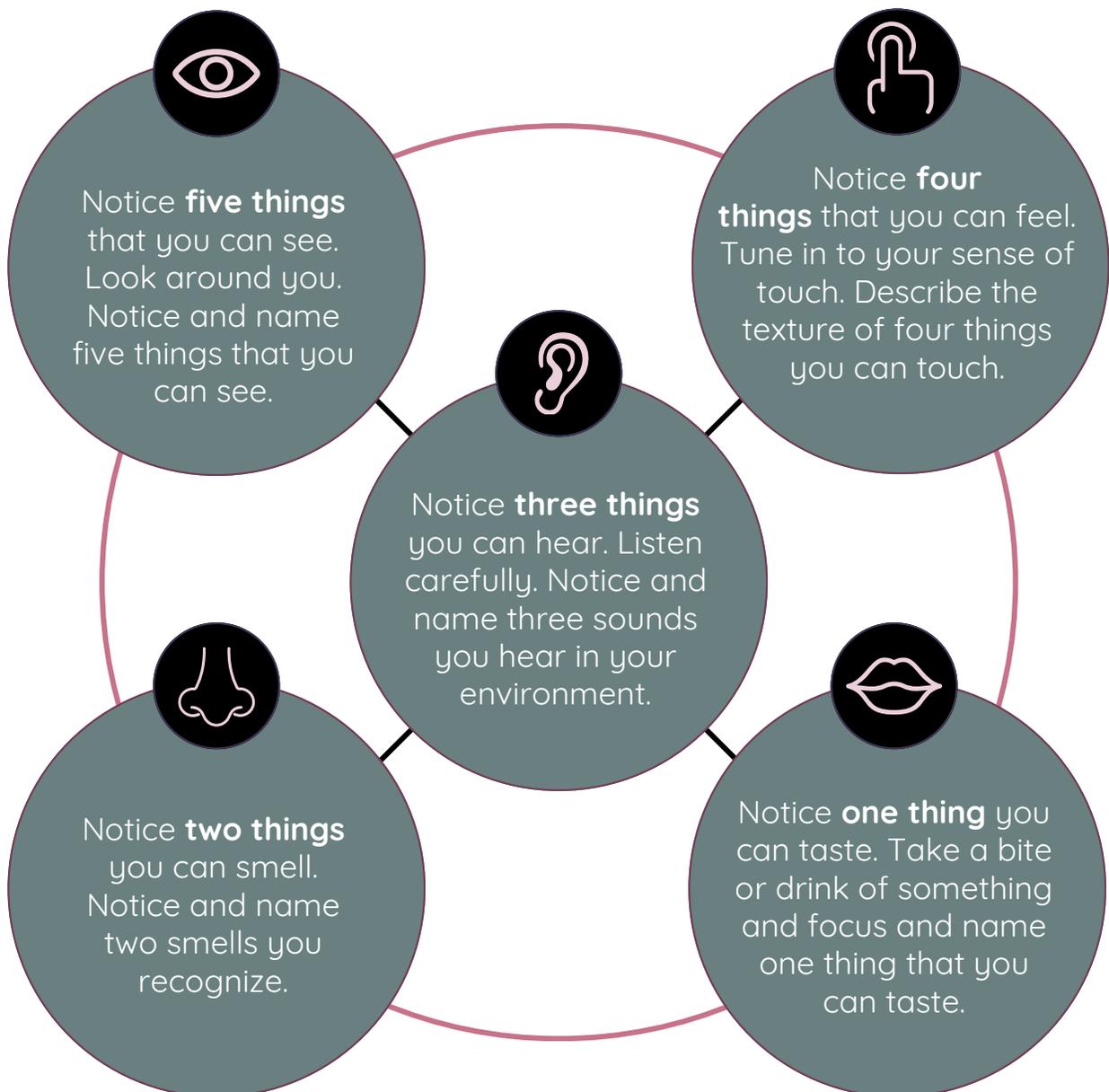
Use mindfulness to stay grounded and present during the ups and downs of life. Regular practice can help reduce overwhelm, ease emotional tension, and support better focus and balance in your day.



5-4-3-2-1

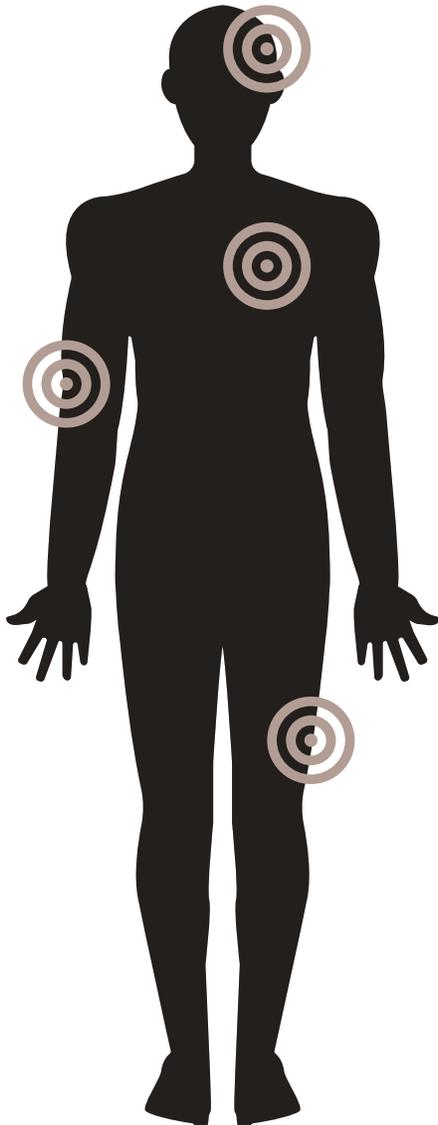
Grounding Technique

The 5-4-3-2-1 grounding technique is a simple yet effective way to bring yourself back to the present moment, especially when you're feeling overwhelmed or anxious. By engaging your five senses, this exercise helps you refocus your mind, calm your nerves, and reduce stress.



The Body Scan

The Body Scan is a technique that helps you reconnect with your body and the present moment. By focusing on different body parts, you can become more aware of sensations, release tension, and calm your mind. This exercise is useful for reducing stress, anxiety, and promoting relaxation.



● Step 1: Find a Comfortable Position

Sit or lie down, close your eyes or keep them softly open. Take a deep breath to center yourself.

● Step 2: Focus on Your Breath

Take a few deep breaths, then let your breathing settle into a natural rhythm.

● Step 3: Begin the Body Scan

Start at the top of your head. Notice sensations or tension and move your focus down to your face.

● Step 4: Move Down Through Your Body

Scan down through your neck, shoulders, and arms, releasing tension with your breath.

● Step 5: Focus on Your Torso and Legs

Focus on your chest, stomach, and back. Continue scanning down through your hips, legs, and feet.

● Step 6: Notice Your Whole Body

Feel your entire body. Notice any overall sensations or relaxation.

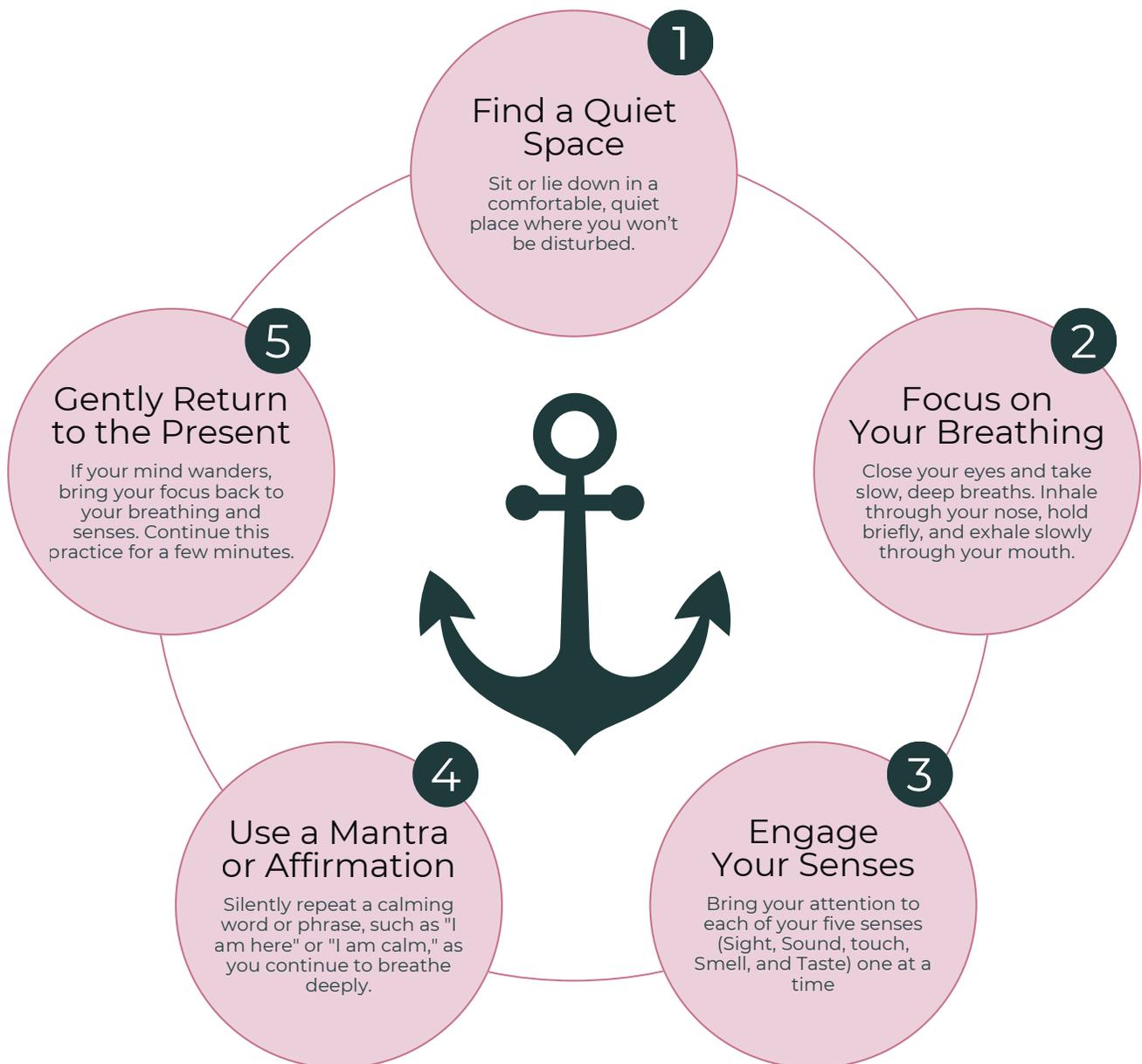
● Step 7: Take a Final Deep Breath

Take a final deep breath, feeling grounded, and slowly refocus on your surroundings.

In moments of physical or emotional discomfort, pausing to connect with your body can foster a deeper sense of awareness and self-care, replacing tension with acceptance and helping you restore balance from within.

Anchoring in the Present

This exercise is designed to help you stay grounded during the changes of life brings by focusing on the present moment. By anchoring yourself in the here and now, you can ease worries about the future and cultivate resilience as you navigate this transition.



Take a moment to appreciate the calm that comes from focusing on the present. Use this practice whenever you need to feel grounded and balanced.

The Self-Compassion Break

This exercise is designed to help you pause in moments of difficulty, offering yourself kindness and understanding. It's a simple yet powerful way to break away from self-criticism and embrace self-compassion.

1

Acknowledge the Struggle

When you're going through a tough time, pause and take a moment to acknowledge what you're feeling. Name the emotion (e.g., "I'm feeling sad," or "I'm really frustrated right now") and recognize that this is a moment of difficulty.

2

Remember Common Humanity

Remind yourself that you are not alone in your struggle. Everyone goes through hard times, and making mistakes or facing challenges is part of being human. This recognition helps to ease feelings of isolation and self-judgment.

3

Be Kind to Yourself

Place a hand over your heart or gently hold your hands, and speak kindly to yourself. You could say, "I'll be kind to myself right now," or "It's okay to feel this, I'm doing my best." Choose words that feel supportive and comforting.

In moments of challenge, pausing to show yourself kindness can shift your mindset, replacing self-criticism with self-compassion, and helping you build inner strength.

Calming & Refocusing Techniques

Change your thinking

Think of a time when you felt the way you want to feel. Visualize the experience, be in that moment once again and feel the positive feelings.

Change Your Physiology

Alter your posture, adopting a positive posture will naturally make you feel calmer. Start smiling, because when you smile you release the body's natural feel good chemicals in the brain.

Start Moving

Getting your body moving via things like exercising will release the body's natural mood enhancing chemicals which are proven to be powerful mood enhancers.

Deep Breathing

Breathing deeper and taking twice as long to breath out than breathing in will have a calming effect. Breath in for a count of 6 seconds and out for a count of 12 seconds.

Relax Your Muscles

Relieve tension in any part of your body just by relaxing each muscle in turn. Sitting in a comfortable chair: Close your eyes and concentrate on your breathing. Slowly breath in through your nose and out through your mouth

Eat

Food is psychoactive, and therefore eating will alter your state of mind. However, this is not a long-term solution and continuous eating will have negative effects such as weight gain.

Use Warm Water

Immersing any part of our bodies in warm water engages the calming parasympathetic nervous system. This can be done by taking a bath, going for a relaxing swim or taking a time out in a hot tub.

Listen to Music

Music is effective in reducing a person's psychological response to stress. The body may produce fewer stress hormones and the nervous system may recover faster after exposure to stress.