



*The*  
*Menopause*  
*Mindshift*

**Self-Care Guide to  
Unleashing Your Inner  
Queen**

*Lisa R. Triggs*

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In this guide, you'll learn how a foundation of self-love can support your emotional well-being, and how reframing challenges as opportunities for growth strengthens that foundation.

Through strategies such as gratitude, affirmations, visualization, and self-compassion, this companion guide to *The Menopause Mindshift* explains the connections between consistent self-care routines and long-term resilience. By embracing these tools, you'll discover how to reduce stress, boost confidence, and approach life with renewed strength and optimism.

*Lisa R. Triggs*



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# INTRODUCTION TO THE MENOPAUSE MINDSHIFT SELF-CARE GUIDE

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Menopause is more than a physical transition; it's a deeply personal journey that can impact every area of your life. From fluctuating hormones to emotional highs and lows, menopause often brings feelings of frustration, feeling overwhelmed, and even isolation.

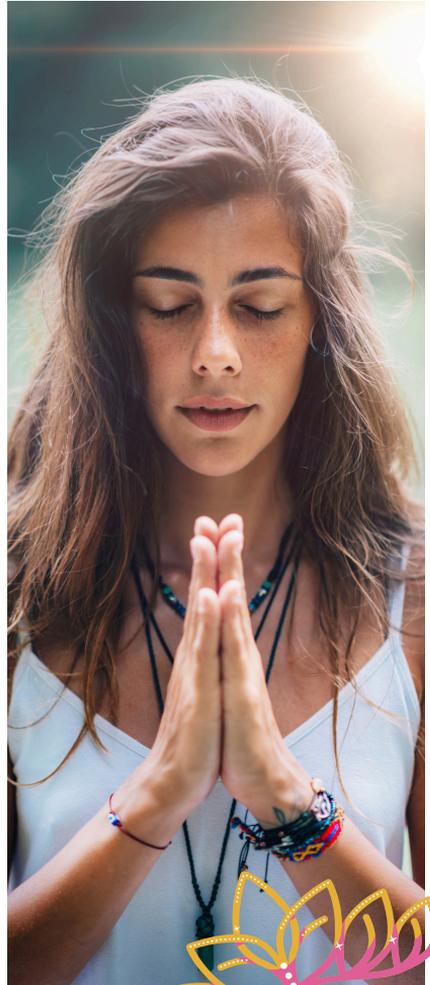
But it doesn't have to be that way. With the right self-care practices and mindset shifts, you can turn this phase of life into an empowering experience of growth and self-discovery.

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*My worth is  
not defined  
by my age or  
physical  
appearance*

*~ Lisa R. Triggs*

Maintaining a positive mindset can be difficult, but integrating self-care habits into your routine can help support your overall well-being in ways that are often overlooked in our day-to-day lives.



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# UNDERSTANDING SELF-CARE

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Self-care and mindset shifts are essential tools for managing stress, building resilience, and navigating life changes.

From physical self-care to mental practices, these strategies create a foundation for feeling more balanced and in control. This guide will help you integrate self-care habits and positive mindset shifts into your routine to support your overall well-being.

## PHYSICAL SELF-CARE



Physical self-care is about nurturing your body. This includes exercise, sleep, nutrition, and relaxation practices that help you feel physically strong and energized.

**Exercise:** Incorporate regular movement into your routine, whether it's walking, yoga, or strength training. Exercise releases endorphins, which help reduce stress and improve mood.

**Sleep:** Prioritize quality sleep by establishing a calming bedtime routine. Avoid screens before bed, and create a comfortable sleep environment.

**Nutrition:** Fuel your body with balanced meals that include a variety of nutrients. Aim to eat mindfully, paying attention to hunger and fullness cues.

## MENTAL SELF-CARE

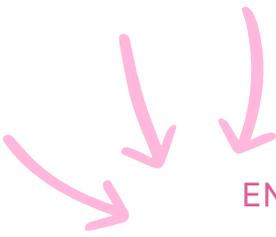


Mental self-care involves practices that stimulate your mind and improve your focus and well-being.

**Learning New Skills:** Taking up new hobbies or learning something new can be incredibly satisfying and boost mental health.

**Setting Boundaries:** Protect your mental energy by setting boundaries in relationships and work. Saying “no” when necessary preserves your mental clarity.

**Mindfulness Practices:** Mindfulness meditation helps you stay present, which reduces stress and increases your sense of peace.



## EMOTIONAL HEALTH



Emotional health involves practices that help you process and express your feelings healthily.

**Journaling:** Write about your thoughts, worries, and gratitude daily. This practice helps release emotions and provides clarity.

**Creative Outlets:** Engaging in creative activities like painting, crafting, or playing music allows for emotional expression and relaxation.

**Supportive Relationships:** Make time for people who uplift and support you, whether friends, family, or a therapist.

### SAMPLE PRACTICES THAT PROMOTE EMOTIONAL WELL BEING:

#### Evening Gratitude

As the day winds down, I want to celebrate these wins:

[Something small or big you accomplished—e.g., "I completed a task that felt overwhelming," "I took a moment to rest when I needed it."]

[Another positive thing that happened today.]

I am grateful for:

[Write at least three things, such as "the warm sun on my skin," "a kind word from a friend," "the strength my body has shown me."]

#### Visualization for Tomorrow

Before I sleep, I imagine myself waking up tomorrow feeling refreshed and energized. I see myself starting the day with [specific visualization—e.g., "a moment of stillness and a smile," "a brisk walk to greet the morning"].

I trust my body, my mind, and my heart to guide me through this journey with grace. I am resilient, adaptable, and deserving of joy.

*Unleash your  
inner Queen!*



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## THE IMPORTANCE OF MAKING THE SHIFT

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Your mindset shapes how you perceive life's challenges. Making the shift doesn't mean ignoring problems; it means choosing a resilient, constructive approach. Shifting your mindset involves adopting attitudes that empower you, rather than feeling defeated by challenges.

### **Benefits of a Positive Mindset:**

- Increases resilience and the ability to cope with setbacks.
- Boosts motivation and optimism.
- Improves mental and physical health.

A mindshift can be cultivated through practices such as gratitude, affirmations, and visualization.



# Key Mindset Shifts for Growth & Resilience

**Here are some specific mindset shifts to help you navigate challenges more effectively:**

Shift from “I **have** to” to “I **get** to”. This shift in language can turn obligations into opportunities. For example, instead of “I **have to exercise**,” try “I **get to move my body and improve my health**.” This small change in perspective encourages gratitude and appreciation.

## **Embrace Challenges as Learning Opportunities:**

Instead of viewing obstacles as problems, see them as opportunities to learn and grow. Adopting a growth mindset allows you to approach challenges with curiosity rather than fear. This perspective reduces stress and helps you build new skills.

## **Focus on What You Can Control:**

When overwhelmed, it's easy to focus on things outside your control. Instead, shift your attention to actions within your influence. This shift reduces anxiety and fosters a sense of empowerment, helping you handle situations calmly.

## **Practice Self-Compassion:**

Instead of criticizing yourself when things go wrong, practice self-compassion. Talk to yourself with kindness, as you would to a friend. Self-compassion helps you maintain a positive mindset and builds resilience over time.





YOUR MINDSET  
SHAPES YOUR  
PERCEPTION  
OF ANY MOMENT  
IN TIME

~ Lisa R. Triggs

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# SELF-CARE PRACTICES TO SUPPORT A POSITIVE MINDSET

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Self-care and mindset shifts go hand-in-hand. Here are some specific self-care practices that support a positive mindset:

## **Meditation:**

Meditation helps calm the mind, reduce stress, and increase awareness. To start, find a quiet place, close your eyes, and focus on your breath. When thoughts arise, acknowledge them, and gently guide your focus back to your breath. This practice increases self-awareness, which helps you identify and address negative thought patterns.

## **Visualization:**

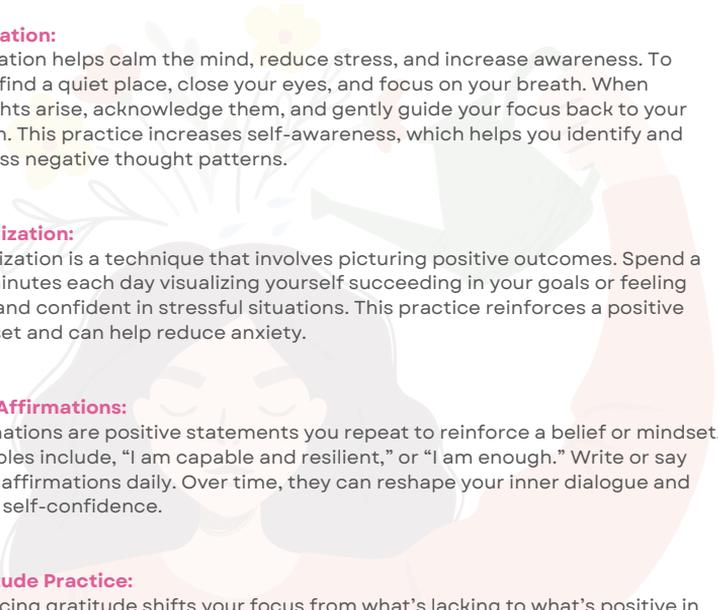
Visualization is a technique that involves picturing positive outcomes. Spend a few minutes each day visualizing yourself succeeding in your goals or feeling calm and confident in stressful situations. This practice reinforces a positive mindset and can help reduce anxiety.

## **Daily Affirmations:**

Affirmations are positive statements you repeat to reinforce a belief or mindset. Examples include, "I am capable and resilient," or "I am enough." Write or say these affirmations daily. Over time, they can reshape your inner dialogue and boost self-confidence.

## **Gratitude Practice:**

Practicing gratitude shifts your focus from what's lacking to what's positive in your life. Each day, write down three things you're grateful for. This practice strengthens a positive mindset and enhances your overall happiness.





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## SELF-LOVE: THE FOUNDATION OF MINDSET

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Self-love is central to self-care and a positive mindset. Self-love means valuing and accepting yourself as you are. When you practice self-love, you're more resilient, less affected by external stressors, and better equipped to handle challenges.

### **Tips for Cultivating Self-Love:**

- **Celebrate Small Wins:** Acknowledge and celebrate your achievements, no matter how small. This practice boosts self-worth.
- **Prioritize Self-Compassion:** Replace negative self-talk with words of kindness and encouragement.
- **Set Realistic Expectations:** Avoid perfectionism by setting achievable goals. Realistic expectations reduce pressure and build self-confidence.

Self-love helps you build a mindset that sees setbacks as temporary and growth as achievable. With a foundation of self-love, you're better able to approach challenges from a place of strength and positivity.

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# BUILDING A ROUTINE: INTEGRATING SELF-CARE AND MINDSET SHIFTS INTO DAILY LIFE

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Consistency is key when it comes to self-care and mindset shifts. Here's how to build a simple, sustainable routine:

- **Morning Affirmations and Visualization:** Start each day with a few positive affirmations and a short visualization of your goals.
- **Midday Movement Break:** Incorporate physical movement, like stretching or a short walk, to refresh your mind and reduce stress.
- **Evening Reflection and Gratitude:** End the day by reflecting on what went well and noting things you're grateful for.





## SELF-CARE AND MINDSET SHIFTS FOR LONG-TERM RESILIENCE

Building resilience is a gradual process. The more you practice self-care and mindset shifts, the stronger your mental and emotional foundation becomes. Over time, these practices reduce stress, increase confidence, and enhance your overall quality of life.

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*Each day  
I grow  
stronger &  
more  
resilient*

*~ Lisa R. Triggs*



## EMBRACE SELF-CARE AS A LIFELONG PRACTICE

Self-care and a positive mindset aren't quick fixes; they're lifelong practices. By consistently nurturing yourself and adopting empowering perspectives, you'll be better equipped to face challenges and embrace life with resilience and optimism.

Start with small steps, stay consistent, and watch as these practices transform your experience, creating a life filled with balance, strength, and joy.



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# SET GOALS

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Setting goals is a powerful self-care practice that helps you stay focused, motivated, and positive even during challenging times. Goals provide a sense of purpose and direction, giving you something to strive for and celebrate along the way. Here's how setting goals can help you keep moving forward:

## Creates Clarity and Focus

When life feels overwhelming, setting clear goals breaks challenges into manageable steps. Instead of being consumed by the big picture, you focus on specific actions, making progress feel achievable.



## Builds Confidence

Achieving small, meaningful goals reinforces your belief in your abilities. Each success boosts self-esteem, showing you that change is possible and that you're capable of growth.

## Provides Motivation

Having a goal gives you a reason to keep going. It creates momentum, pushing you forward even on days when motivation feels low.

## Encourages Resilience

Goals remind you of your "why," helping you stay grounded and persistent when obstacles arise. This mindset strengthens your ability to adapt and overcome.

## Supports Mindset Shifts

Goals aligned with self-care or personal growth foster a positive mindset. They help you reframe challenges as opportunities for progress rather than setbacks.

For example, if your goal is to incorporate low-impact exercise three times a week, achieving it not only improves your physical health but also reinforces your mental resilience. You begin to see yourself as someone who prioritizes wellness and is capable of following through.

By setting and achieving goals, you continually move forward, building a life rooted in growth, purpose, and self-compassion. Each step taken is proof that you are not defined by challenges but by how you choose to rise above them.



THANK YOU  
FOR READING!



*with Love*



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