

Professional Information Guide

Supporting women through the emotional and psychological changes of menopause and the wider midlife transition

What is RESETmeno®?

RESETmeno® is an eight-week, self-guided digital wellbeing programme created for women navigating menopause alongside the wider emotional and personal changes that can occur during midlife.

Through weekly lessons, guided reflection, journalling, practical exercises and small achievable actions, it provides a structured space for women to develop greater understanding, clarity and self-trust. The programme can be completed independently and at the participant's own pace.

When RESETmeno® may be suitable Emotional or psychological changes Anxiety, low mood, reduced confidence, overwhelm or a sense of feeling unlike themselves. Wider midlife change Changes in identity, relationships, caring responsibilities, work or the direction of life. Structured self-guided support A calm space for reflection, practical exercises and small achievable actions. Alongside existing care Additional wellbeing support alongside medical care, counselling or psychological therapy.	Designed to complement existing support Alongside existing care RESETmeno® is a non-clinical wellbeing resource designed to sit alongside, rather than replace, medical care, counselling or psychological therapy. Additional structure and reflection It may be useful between appointments or alongside care already being received. Clear professional boundaries RESETmeno® is not intended to diagnose, treat or manage medical or mental health conditions. Women requiring assessment, treatment or more intensive support should continue to receive appropriate professional care.
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What the programme includes

Baseline wellbeing snapshot A guided starting point to reflect on current wellbeing and identify areas of focus.	Reflection tracker A simple space to notice progress and recognise changes across the eight weeks.
Weekly lessons and guided journal prompts Clear weekly themes supported by prompts that encourage personal understanding.	Resource Library and Support & Safety Personal notes and links, with guidance on seeking additional or urgent support.
Interactive worksheets Practical tools to organise thoughts and turn reflection into meaningful insight.	Q&A for common sticking points Clear responses to common challenges, helping women continue with less uncertainty.
Weekly RESETactions Small practical actions that help women apply learning and build change gradually.	Personalised 30-day plan A practical plan for carrying learning forward beyond the eight-week programme.

Evidence-informed foundations

RESETmeno® draws on established psychological and behavioural approaches to support reflection, understanding and practical change. These include psychoeducation; reflective and narrative approaches; cognitive and behavioural principles; values and acceptance-based approaches; self-compassion; and guided journaling. These approaches are used within a structured wellbeing programme rather than as psychological therapy or clinical treatment.

Safeguarding and scope

RESETmeno® is not designed or equipped to identify, assess or manage risk. It has no clinical oversight and no mechanism for monitoring participants' mental state between lessons.

If a patient or client shows signs of significant distress, risk to self or a mental health crisis, this should continue to be managed through usual clinical or safeguarding pathways. RESETmeno® is appropriate only as concurrent, non-clinical support and never in place of necessary medical or psychological care.

Practical information

Access	Women purchase RESETmeno® directly and receive immediate digital access.
Format	The programme is self-guided and designed to be completed at the participant's own pace over eight weeks.
Referral process	No formal referral is required. Professionals can share the RESETmeno® webpage or this guide with women they feel may find it helpful.
Price	£59 as a one-time payment.
Privacy	Judith does not access participants' personal reflections or journal entries unless a participant chooses to share them directly.

About the creator

RESETmeno® was created by Judith Francis, founder of CalmerAge®, a former Registered General Nurse with a BSc (Hons) in Psychology with Clinical Psychology, an MSc in Mental Health, and Graduate Membership of the British Psychological Society (GMBPsS).

Judith is not currently practising as a clinician and is not a registered psychologist or therapist. RESETmeno® draws on her academic and professional background, alongside her personal experience of menopause and midlife, to offer structured, non-clinical wellbeing support.

Content note

The programme discusses low mood, anxiety, identity change, body image and reduced confidence as they relate to menopause and midlife. It does not include self-harm or suicide content, or trauma-processing exercises.

How to recommend RESETmeno®

Professionals can share the For Professionals webpage or direct women to the CalmerAge® website. Women purchase the programme directly; professionals do not provide patient information and no formal referral pathway is required.

FOR PROFESSIONALS www.calmerage.com/for-professionals	QUESTIONS judith@calmerage.com
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