

# MINDFUL SELF-COMPASSION FOR PERIMENOPAUSE AND MENOPAUSE

**\*ONLINE SUPPORT GROUP\***

**NEW ONLINE SUPPORT SESSIONS** for women to have a safe place to bond and connect with other women going through the menopause. These sessions will centre around Mindful Self-Compassion exercises but will also include other guided meditations, exercises, movement and laughter (and probably some tears...which are more than welcome!)

Mindful Self-Compassion is about learning to respond kindly to ourselves, particularly when facing challenges, difficult emotions and learning to embrace who we are. It is strongly associated with emotional well-being, less anxiety, depression and stress and it helps us to cultivate healthy choices and habits. Including exercise, self-care, diet, listening to and acting on our needs and improved relationships with others.

- **Do I need any experience? NO**
- **Do I have to sign up or come regularly? NO, come as often/little as you like**
- **Can I come in my pyjamas? YES**
- **Will you give me HRT/medical advice? NO**
- **Will you make me talk? NO**

You don't need to go through the menopause alone, come and be with other women and learn how to become your own best friend and cheerleader.

**We are amazing, powerful women!**



**Online via Zoom**

**Saturday mornings 9.30-11am**  
**Wednesday evenings 7-8.30pm**

(scan QR code for more info/dates or see website)

**Cost £15**

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