Mindful Menopause Guide

Professional Wellness Resource By Dr. Sidra Bukhari, MRCPsych ThriveMidlife Wellness Program

Introduction

This comprehensive guide provides evidence-based strategies for supporting your wellness journey during midlife transitions. Each section includes practical exercises and expert guidance.

What You'll Find Inside:

- ⢠Understanding your body's hormonal changes with compassion
- ⢠Mindfulness techniques specifically for hot flashes
- ⢠Emotional regulation tools using the RAIN method
- ⢠Sleep and mindfulness integration strategies
- ⢠Mindful movement and nutrition approaches
- ⢠Building a sustainable mindfulness practice

Professional Support

This resource is part of the ThriveMidlife wellness program, designed by Dr. Sidra Bukhari to support women through perimenopause and midlife transitions with evidence-based strategies for mental, physical, and emotional well-being.

For additional support and personalized guidance, visit ThriveMidlife.com or contact coaching@thrivemidlife.com

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