

Stress Reset Toolkit

Professional Wellness Resource

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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:

- â€ Emergency calm-down techniques for acute stress
- â€ Comprehensive boundary-setting worksheets and scripts
- â€ Professional breathing exercise protocols
- â€ Daily stress management planning templates
- â€ Mindfulness techniques for midlife challenges
- â€ Cognitive tools for stress prevention and management

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](https://thrivemidlife.com) or contact coaching@thrivemidlife.com

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