

MIND-BODY RESET FOR WOMEN

COACHING PROGRAM WORKBOOK

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Your body is your home. Be gentle with it as it changes."

"The winds of change are not your enemy — they are guiding you."

"Your brain is rewiring — and that's not failure, that's transformation."

"Estrogen affects mood, sleep, memory — it's okay to feel off. It's not all in your head."

"Neuroplasticity means your brain can heal, adapt, and thrive at any age."

"The mind-body connection is real. Your self-care is science, not selfishness.

# Page 1: Symptom Tracker – Mind & Body Check-in

Date	Mood (1–10)	Hot Flashes	Sleep Quality	Brain Fog	Energy	Notes / Wins Today
		□ None □ Mild □ Severe		□ None □ Mild □ Severe		

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### Page 2: Brain Fog & Focus Log

Date	Task I Struggled With	What Helped Me Refocus?	Did I Take Breaks?	How Clear Was My Mind (1–10)?
			□ Yes □ No	



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# Page 3: Mood & Hormones Journal

Date	Mood (Words or Emoji)	Any Trigger Today?	Hormonal Symptom I Noticed	What Helped?

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# Page 4: Nervous System ResetCalming Rituals

Activity Tried	Time of Day	How I Felt Before (1–10)	After (1- 10)	Would I Do It Again?
				□ Yes □ No
& Breathing / Meditation				□ Yes □ No
Warm Shower or Epsom Bath				□ Yes □ No
∠ Journaling / Reading				□ Yes □ No



### Page 5: Hot Flash & Sleep Log

Date	Number of Hot Flashes	Triggers (food, stress?)	Sleep Quality (1– 10)	Wake-ups at Night?	Notes
				□ 1 □ 2−3 □ 4+	



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### A Page 6: Body Image & Self-Love Reflections

Prompt	My Thoughts
One thing I appreciate about my body today:	
Something kind I said to myself:	
A moment I felt confident or beautiful:	
An outfit / color / style I enjoyed:	

### Rage 7: Gratitude & Growth

Prompt	Response
I am proud of myself for:	
A beautiful moment I noticed today:	
Someone or something I'm thankful for:	
A way I grew emotionally or mentally this week:	

# ∠ Page 8: Progress Tracker (Week at a Glance)

Day	Mood	Sleep	Energy	Brain Fog	Symptom Severity	Reflection
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

# ∠ Page 8: Progress Tracker (Week at a Glance)

Day	Mood	Sleep	Energy	Brain Fog	Symptom Severity	Reflection
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Tuesday						
Wednesday						
Thursday						
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Saturday						
Sunday						

# Page 9: Menopause Mindset Shifts

Old Thought or Belief	A Healthier Perspective or Reframe
"I'm losing my youth."	"I'm entering a wise and powerful season."
"I hate how I feel lately."	"This is temporary and I am adapting."

# Page 9: Menopause Mindset Shifts

Old Thought or Belief	A Healthier Perspective or Reframe
"I'm losing my youth."	"I'm entering a wise and powerful season."
"I hate how I feel lately."	"This is temporary and I am adapting."

# Page 10: Affirmations & Intentions

Morning Affirmations	Evening Reflections
"I am evolving with grace and power."	"Today, I cared for myself by"
"I honour what my body is teaching me."	"I am proud of"
"I am not alone in this experience."	"One peaceful moment I'll carry into tomorrow"



### **d** 1. Hormone-Safe Sleep Snack Guide

Gentle nutrition support to help your brain and body prepare for restful sleep

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#### **Why It Helps:**

During perimenopause, a drop in estrogen and progesterone affects melatonin, blood sugar, and GABA levels — all of which impact sleep. Eating a small, calming snack 60–90 minutes before bed may stabilize blood sugar, promote relaxation, and support melatonin release.



Snack Combo	Why It Helps	
Banana + almond butter	Magnesium + tryptophan + slow- releasing fat	
Warm oats with a splash of almond milk & cinnamon	Balances serotonin + slow glucose support	
Tart cherry juice (small glass)	Naturally boosts melatonin	
Plain yogurt + blueberries	GABA support + gut-brain link	
Pumpkin seeds + chamomile tea	Magnesium + calming herbs	



High-sugar snacks (they spike & crash blood sugar)

Caffeine after 2pm

Spicy or acidic food too close to bedtime

### 2. Melatonin Flow Tracker

Habit / Factor	Does it help or harm melatonin?	Notes
Morning sunlight (within 30 mins of waking)	<b>▼</b> Helps	Start with 5–10 mins
Late-night screen time (after 9pm)	<b>X</b> Hurts	Use blue light filters
Heavy meals after 8pm	<b>X</b> Hurts	Try lighter dinners
Gentle movement in the evening (e.g. stretching)	<b>✓</b> Helps	Signals wind- down
Stress / emotional tension at bedtime	<b>X</b> Hurts	Use breathing ritual
Keeping a regular sleep-wake time	<b>✓</b> Helps	Sets circadian rhythm
Alcohol before bed	<b>X</b> Hurts	Disrupts REM sleep

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Include a reflection space: "One thing I'll try this week to improve my melatonin flow:"





#### 3. Partner Support Tips

A gentle, respectful note to help your client communicate their needs without guilt or conflict.

#### Supporting Conversation Starters

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"I'm going through some hormonal shifts that affect my sleep and energy. I may need more space at night or more help during tough mornings."

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"Even if I don't always say it, your patience and small gestures mean a lot right now."

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"Would you be open to us creating a quiet bedtime routine together — like no phones and a calming wind-down by 9pm?"

### Suggestion Card for the Partner (can be printed!)

#### **How You Can Support Me:**

- ☐ Keep noise low if I'm struggling to fall asleep
- ☐ Help with bedtime chores or kids
- ☐ Remind me to breathe when I seem overwhelmed
- □ Offer physical affection or ask what I need first
- ☐ Let me rest without guilt

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**Encourage clients to post this on a fridge, mirror, or nightstand as a loving reminder.** 

### 3. The Cortisol Curve Fix

A morning routine designed to reset your internal clock, balance hormones, and reduce emotional chaos

### Why Morning Cortisol Matters

Your **cortisol hormone** (also called the "alertness hormone") is meant to **rise naturally in the early morning**, giving you the energy, focus, and calm motivation to handle your day.

But in perimenopause, cortisol often becomes:

- Too high, too early → Racing thoughts, anxiety, shakiness, heart pounding
- **Too low, too late** → Groggy mornings, brain fog, evening energy crashes
- **Upside down** → Nighttime "wired but tired," morning dread

### What Disrupts the Curve

Trigger	Effect on Cortisol	
Late night screen use	Suppresses melatonin, spikes cortisol	
High evening stress	Carries cortisol into night → poor sleep	
No morning light exposure	Blunts natural cortisol rise	
Skipping breakfast	Increases cortisol, triggers blood sugar crash	
Chronic stress or fear	Overworks adrenals → unpredictable cortisol curve	

### Fixing the Curve: Morning Light = Hormonal Reset

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"Your circadian rhythm is like a 24-hour hormone symphony. Light is the conductor."

Exposing your eyes and skin to natural daylight within 30-60 minutes of waking helps:

- Spike cortisol at the right time
- Improve melatonin production at night
- Reset mood, digestion, and hormone rhythms
- **?** Even **cloudy daylight** works!

If you can't go outside, open the windows wide and face toward daylight.

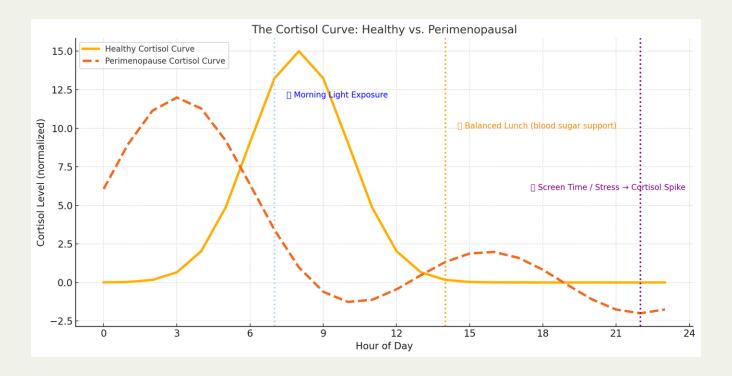
# 10 10-Minute Calm Activation Routine

Do this within 30–60 minutes of waking, even in pajamas!

Minute	Activity	Purpose
0–2	<b>Step outside</b> (balcony, porch, barefoot on floor)	Light hits retina → resets cortisol rhythm
2–4	<b>Breathing reset</b> – Try 4-7-8 or belly breathing	Calms nervous system after sleep
4–6	<b>Gentle movement</b> – stretching, walk in place, reach arms up	Activates lymph, circulation
6–8	Repeat a calm mantra like "I begin gently"	Builds emotional resilience
8–10	Sip warm water with lemon or tea	Hydrates brain, supports gut flow

# Low Cortisol Morning vs. High Cortisol Morning

Туре	Signs	Strategy
Low Cortisol Morning	Groggy, heavy body, hard to wake, slow thoughts	Use <b>light, movement, citrus</b> scent, peppermint tea
High Cortisol Morning	Wake with dread, racing mind, nausea, tight chest	Use <b>grounding breath, warm bath, gentle affirmations</b>



### Cortisol Reset Routine & Mood Notes Tracker

Time of Day	Reset Routine Activity	Mood Notes Prompt
Within 30 min of waking	Get outside or sit by a window for 5–10 min (natural light exposure)	How did I feel after light exposure?
Morning (Before 10am)	Gentle movement (e.g. stretching, walking, yoga)	What shifted after movement?
Around lunchtime (12– 2pm)	Eat a balanced lunch (protein + fiber + healthy fat)	Was I calmer or more alert after eating?
Evening (After 7pm)	Screen wind-down + soft lighting (dim phone, turn off overhead lights)	Did I notice any tension or anxiety?
1 hour before bedtime	Calming ritual: 4-7-8 breathing, herbal tea, journaling, gentle music	Did this help me fall asleep faster or feel more settled?

### Strength-Building Exercise Routine for Perimenopause

#### Frequency:

2–3 times per week, with a rest day in between for recovery.

#### Equipment Needed:

Resistance bands, light dumbbells (3–8 lbs), a yoga mat, and a chair (optional for balance).

#### Warm-Up (5 Minutes)

- March in place 1 min
- Shoulder rolls 30 sec forward + 30 sec backward
- Side steps with arm swings 2 min
- Gentle bodyweight squats 1 min

#### L Main Strength-Building Circuit (Repeat Circuit 2x)

#### 1. Chair Squats (Lower body, glutes, thighs)

- Stand in front of a chair, feet hip-width apart.
- Lower down slowly to sit, then rise back up.
- **Reps:** 12–15

#### 2. Wall Push-Ups (Upper body, arms, chest)

- Stand arm's length from a wall, hands shoulder-width apart.
- Bend elbows to bring your body toward the wall, then push back.
- **Reps:** 10–12

#### 3. Bent-Over Rows with Dumbbells (Back and posture muscles)

- Hold dumbbells, hinge at hips, keep back straight.
- Pull weights toward your waist, then lower slowly.
- **Reps:** 12

#### 4. Resistance Band Bicep Curls (Arms)

- Stand on a resistance band, hold ends.
- Curl arms up slowly, keeping elbows close to your body.
- **Reps:** 12

#### 5. Seated Knee Extensions (Thighs and joint support)

- Sit on a chair, extend one leg straight, hold, then lower.
- Reps: 10 each leg

#### 6. Standing Calf Raises (Ankles and balance)

- Stand tall, rise up on toes, then lower slowly.
- Hold a chair for support if needed.
- **Reps:** 15

### Cool-Down & Stretch (5–7 Minutes)

- Cat-Cow stretch (spine mobility) 1 min
- Seated forward bend (hamstrings) 1 min
- Shoulder stretch across chest 30 sec each side
- Standing quad stretch 30 sec each leg
- Deep breathing and mindful body scan 2 min

### Special Notes for Menopausal Women:

- Focus on form over speed—quality movements protect joints and bones.
- Stay hydrated and wear breathable clothes to manage hot flashes.
- **Progress gradually** by increasing reps, sets, or weights over time.
- Consider **adding balance training** (like single-leg stands) for fall prevention.



(Mind-Body-Soul Empowerment Approach)

### 1. Morning Grounding Ritual (5–10 minutes daily)

Start your day with clarity and strength.

- Affirmations: Repeat powerful statements such as:
   "I am strong, I am evolving, and I honour my body."
   "I trust the wisdom of this phase in my life."
- **Deep Breathing**: 4-7-8 breathing (inhale 4s, hold 7s, exhale 8s) calms anxiety.
- **Power Pose**: Stand tall, hands on hips (like Wonder Woman) for 2 minutes this boosts testosterone and lowers cortisol.

### 2. Power-in-Progress Tracker (Weekly journaling)

Create a simple log where you write:

3 things you did well this week

1 thing you're proud of (no matter how small)

1 challenge you faced and how you coped

1 affirmation for the next week

"

This builds a sense of agency and progress—key for self-esteem.



Pick activities that reconnect you with your body in a loving way:

Dance therapy: Put on your favourite playlist and move without judgement

Pilates/Yoga for Midlife: Focus on stability, core strength, and grace

Walking with Intention: Mindful walks, noticing surroundings and posture

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**?** Confidence grows when we feel capable and grounded in our physical selves.



Stand in front of the mirror and say things like:

"I am becoming my most authentic self."

"I am beautiful in every season of life."

"I have earned my wisdom, and I wear it with pride."

This helps **rewire negative internal dialogue**—a common struggle during perimenopause.

# Challenge Your Inner Critic Exercise

- Write down a self-critical thought (e.g., "I'm not myself anymore.")
- Ask: Is this true? What would I say to a friend thinking this?
- Replace it with a kinder truth: "I'm adapting, and that's powerful."



Confidence grows when we engage our **creative brain** and honour our inner voice:

Start a **menopause mood journal** (track emotions + draw/write)

Create a "Vision Board" of how you want this new phase to feel

Try a new hobby that has always intrigued you—confidence thrives on novelty

### 7. Empowerment Circles or Support Groups

Join a local or online group for women going through the same journey. Sharing stories and being seen without judgement **deepens connection and confidence**.



Dedicate 30–60 minutes once a week to something that reinforces your worth:

Dress up and take yourself to a nice café

Watch an inspiring TED Talk

Read a chapter of a powerful self-help or spiritual book

Take a luxurious bath with music and candles



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"This stage is not a breakdown—it's a breakthrough.""I
am not losing myself—I am meeting a more powerful
version of me."