

# Cognitive Clarity Workbook

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:

- 50+ interactive exercises for memory enhancement
- Focus improvement techniques and attention training
- Brain fog clearing strategies and cognitive tools
- Weekly progress tracking sheets and assessments
- Nutritional support for brain health during menopause
- Comprehensive cognitive wellness planning

## 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](mailto:coaching@thrivemidlife.com)

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