



# **FINDING CONFIDENCE IN PRE- MENOPAUSE**

WUMI

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# HEY, I'M WUMI

HEY THERE,

I'M SO GLAD YOU PICKED UP THIS EBOOK. THAT ALREADY TELLS ME ONE THING—WE'RE PROBABLY WALKING A SIMILAR PATH. MAYBE YOU'VE FELT A SHIFT IN YOUR BODY LATELY. MAYBE YOUR EMOTIONS HAVE BEEN RIDING THEIR OWN ROLLERCOASTER.

MAYBE YOU'RE STANDING IN FRONT OF YOUR CLOSET WONDERING WHEN YOUR FAVORITE JEANS TURNED INTO A TIGHT SQUEEZE. OR MAYBE, LIKE ME, YOU'VE WHISPERED, "WHAT IS HAPPENING TO ME?" MORE TIMES THAN YOU CAN COUNT.

Welcome to pre-menopause—the season no one really prepares you for, yet somehow, here we are.

My name is Wumi, and I'm in my mid-40s. I'm a proud mum of two incredible teenagers (a boy and a girl), a woman with big dreams, a passion for encouraging others, and—like many of you—someone figuring out how to feel like herself again while everything inside her is... shifting.

This book is me opening up. It's not about having it all figured out (spoiler: I don't), but it's about being real, honest, and hopefully, helpful. Writing this has brought me so much joy—not just because I get to share my journey, but because I know someone out there might read it and whisper, “Oh, thank God it's not just me.” That's the power of telling our stories. It connects us. It comforts us. It reminds us we're not alone in the weird,wonderful,sometimes overwhelming



experience of being a woman in transition.

Through this book, I'll share what's helped me cope—from the emotional roller coasters to the unexpected belly laughs. I'll talk about the real stuff: mood swings, hot flashes, tired days, self-doubt, confidence wins, and all the in-betweens. I'll also sprinkle in some tips, encouragement, and fun little nuggets to keep your heart light and your spirit lifted.

Because here's the thing—pre-menopause is not the end of anything. It's a new beginning. A chance to rediscover yourself, realign with what matters, and embrace the amazing woman you're still becoming. I'm so happy to share my story with you. And even happier that you're here to read it.

Let's embrace the shift—together.

With love,

Wumi

## **It didn't happen all at once.**

There was no loud announcement, no blinking sign saying “Pre-Menopause Starts Here.” It crept in quietly—one little change at a time. One day I was juggling work, family, and my personal goals like a pro, and the next, I was waking up drenched in sweat at 3 a.m., snapping at my teenage son for something as small as leaving his socks on the floor, and wondering why I suddenly felt like crying while making tea. At first, I thought I was just tired. Or maybe it was stress. Or hormones doing their monthly drama. But the “monthly” part started acting up too—sometimes my period showed up with fireworks, other times it ghosted me completely.

That's when it hit me: something was shifting.

### **What Is Pre-Menopause?**

Pre-menopause (also called perimenopause) is the transitional phase before menopause when your hormones begin to fluctuate and prepare your body for the next stage of womanhood. It usually starts in your 40s, though it can begin earlier for some women. It's not the same for everyone—some sail through with just a few bumps, while others feel like they're on an emotional and physical rollercoaster.

For me, it felt like being in a familiar house where someone kept rearranging the furniture.

You might experience:

- Hot flashes and night sweats (hello, 3 a.m. sauna sessions)
  - Mood swings that make you cry over commercials or explode over toothpaste caps
  - Fatigue that no amount of coffee seems to fix
  - Brain fog, where you walk into a room and forget why
  - Weight changes, especially around the belly area
  - Sleep disturbances, even if you used to sleep like a log
  - Irregular periods—heavier, lighter, or missing altogether
  - A drop in libido, vaginal dryness, or discomfort
- Sounds fun, right? 😂 But here's the good news: **you're not going crazy—and you're definitely not alone.**

- **My “Aha” Moment**
- The moment I realized I wasn’t just “off” or “moody” or “lazy” was actually a relief. Putting a name to what I was experiencing gave me power. I stopped feeling like a mess and started understanding that my body was just going through a completely natural, hormonal transition.
- I began reading, talking to older women I trusted, and most importantly—listening to my body.
- That part was hard at first. I was so used to pushing through, taking care of others, and ticking off to-do lists that slowing down to check in with myself felt foreign. But I’ve learned that tuning in is the first step to taking control.
- **Talking to Your Doctor: A Must-Do Move**
- If you’re reading this and nodding along, your next best step is to talk to your doctor. Get your hormone levels checked. Ask questions. Track your symptoms before your appointment. You deserve to be heard, understood, and guided—not brushed off with, “It’s just age.”
- Here’s something I learned the hard way: you have to advocate for yourself. No one knows your body like you do, and no one else is going to prioritize your wellness unless you do first.



Let's be honest—pre-menopause is wild. Some days I feel like myself, other days I wonder who swapped out my body and left me with this tired, irritable, slightly puffy version of me. It's like waking up in someone else's skin—and not knowing how long they're staying.

In this chapter, I want to keep it 100% real and share the actual symptoms I've been facing. No sugar-coating. Just me, a woman in her 40s, figuring this thing out with a lot of grace, a little humor, and a whole lot of trial and error.

### The Symptoms That Hit Me the Hardest

Let's start with the one that made the biggest entrance—hot flashes. Girl. Let me tell you, waking up at 2:43 a.m. soaked like I ran a marathon in my sleep? Not cute. My bed sheets were hot, I was hot, and somehow I was freezing too. It was confusing and exhausting.

Next came the mood swings. I'm naturally pretty calm, but there were days when I'd go from laughing to crying to wanting to yell—sometimes all in 10 minutes. One moment I'd feel totally fine, and the next I was snapping at my daughter for chewing too loudly. (Yes, chewing!)

Then there's fatigue—not just “I need a nap” tired, but bone-deep exhaustion. The kind where folding laundry feels like a workout. I'd sleep, but still wake up tired. And don't get me started on brain fog—losing my train of thought mid-sentence, forgetting why I walked

Oh, and the weight gain. Especially around my belly. I hadn't changed my eating habits, but my jeans had their own opinion.

So, what did I do?

I'll be honest—it took time. I had to stop treating my body like it was misbehaving and start treating it like it was asking for help. These are the things that have helped me manage this stage with more ease (and way less stress):

1. I started tracking my symptoms.

I began writing down what I felt, when I felt it, and what was going on that day. It helped me notice patterns. For example, I saw that sugar and caffeine made my hot flashes worse. Lack of sleep made me extra emotional.

Knowledge truly is power.

2. I simplified my diet (without losing joy).

I didn't go on a strict diet—I just became more mindful. More water, more fiber, more veggies. I reduced sugar (okay, I'm still working on that one!), added omega-3s, and fell in love with herbal teas. Peppermint for the bloat, chamomile for sleep. Small changes, big difference.

3. I moved my body—but gently.

This wasn't the time for extreme workouts. I started walking more, doing stretches, dancing in my living room, and trying light yoga. Not just for weight—but for mood, energy, and mental clarity.

4. I built a self-care routine I could actually stick to.

Not fancy spa days (though I wish). Just real-life moments—breathing deeply for five minutes, journaling before bed, putting my phone down and lighting a candle instead. It's amazing how these small rituals create a sense of calm and control.

5. I spoke up.

To my doctor. To my girlfriends. To myself. Once I stopped suffering in silence, I realized how many women around me were also in this space—but no one was really talking about it. Sharing gave me strength. It also brought laughter, support, and sometimes great tips I never would've found online.

## **Progress, not perfection**

I still have rough days. I still have nights where sleep plays hide and seek. But I've learned to listen to my body and respond instead of reacting. That, for me, is the biggest shift. I now honor my needs instead of ignoring them. And that alone has made me feel stronger, steadier, and more like me again.

## **WUMI'S WELLNESS TIPS: WHAT'S IN MY SELF-CARE TOOLKIT**

- A good pair of soft PJs (trust me—luxury doesn't have to be expensive)
- Chamomile & peppermint teas
- Magnesium supplements (helped a lot with sleep and mood)
- A journal + pen by my bedside
- A scented candle that reminds me to breathe
- A playlist that lifts my mood ( some gospel music ,Whitney Houston and Afro beats always win)
- A water bottle I actually like carrying around (hydration is everything)
- A close friend on speed dial for when I just need to vent





## LIVING FULLY - NOT JUST COPING, BUT THRIVING

Let's talk about something that doesn't get said enough during pre-menopause: you are still allowed to thrive. When I first started experiencing symptoms, everything felt like a mess. I was just trying to cope. Survive the hot flashes. Get through the mood swings without yelling at someone I loved. Drag my tired body through the day and fall into bed with a sigh of relief.

But over time, I realized something powerful: I didn't want to just survive this season—I wanted to live in it.

Fully. With purpose, passion, and peace.

And you know what? That decision changed everything.

### **From Coping to Thriving: The Shift That Changed My Life**

One morning, I looked at myself in the mirror and thought, Who even is this woman? My face looked tired. My jeans weren't fitting like they used to. My spark felt... dim. But in that moment, I also realized something else—

I was still here. Still strong. Still becoming.

I didn't need to go back to the “old me.” I just needed to get to know the new me.

So I started doing small things that made a big impact—things that helped me feel confident, connected, and in control again.

Here's what worked for me.

## **1. Rebuilding Confidence (One Compliment at a Time)**

Confidence during pre-menopause doesn't always come naturally. Between body changes, emotional ups and downs, and sheer exhaustion, it's easy to start doubting yourself.

But I began shifting the conversation in my head. I stopped saying, "I hate my body," and started saying, "My body is doing the best it can."

I stopped chasing my 30-year-old self and started celebrating the wisdom and grace of my 40-something self.

And I started complimenting myself daily—even if it was just, "You got out of bed. You're doing great."

Confidence isn't loud. It's steady. It's that quiet voice that reminds you: You're still worthy. You're still powerful. You're still beautiful.

## **2. Embracing Movement (Not Just for Fitness)**

Exercise became less about weight loss and more about energy, clarity, and joy. Some days, it was a brisk walk around my estate. Other days, it was dancing in the kitchen while making breakfast.

I let go of guilt when I couldn't work out and instead celebrated the fact that I moved. Movement helped me reconnect with my body instead of fighting it. Even gentle stretches in the morning made a difference. I felt more alive

## **3. Dressing for Confidence and Comfort**

I started wearing what made me feel good—soft fabrics, bold colors, and comfy fits. I stopped punishing myself with clothes that didn't fit “right” and started choosing outfits that made me smile in the mirror.

This might sound small, but let me tell you—it matters. The way you dress can lift your mood, your posture, and your self-esteem.

#### **4. Speaking Kindly to Myself**

One of the most trans -formative things I did? I changed my inner voice.

“You’re allowed to have off days.”

“This body has carried me through so much.”

“I am learning. I am growing. I am enough.”

Speak to yourself the way you’d speak to your best friend. It takes practice, but it’s healing.

#### **5. Making Space for Joy**

I made a list of things that bring me joy—small, everyday things. Playing music while cooking. Buying myself fresh flowers. Taking an afternoon nap without guilt. Watching a funny movie with my teens. Saying no to things that drained me.

Joy is not a luxury—it’s medicine. And during pre-menopause, you need it more than ever.

## 6. Strengthening Relationships

I learned how to communicate better—especially on the hard days. I told my family, “I’m feeling off today,” instead of bottling it up. I asked for help without apology.

This season is easier when the people around you understand what you’re going through. Let them in.

🌟 End-of-Chapter Bonus

🌟 Affirmations I Live By

Say these to yourself daily—or choose one that speaks to your heart and repeat it often.

- “I am strong, even when I feel soft.”
- “I am still becoming, and that is a beautiful thing.”
- “My worth is not defined by my hormones or my waistline.”
- “I am allowed to slow down, rest, and still be amazing.”
- “This season is not breaking me—it’s building me.”

🌟 Mini Challenge: One Joyful Thing Today

Think of something that makes you feel happy—and do it just for you. Dance, nap, stretch, laugh, paint, call a friend, light a candle. No guilt, no justification. You deserve joy.



I used to think I needed to wait until everything felt “under control” before I could share what life looks like now. But the truth is, I’m still figuring it out. And maybe, that’s the most honest and powerful thing I can give you—a glimpse into a real day in the life of a pre-menopausal woman who’s just doing her best. Spoiler alert: Some days are magical. Some days are a mess. Most days are a mix of both.

### **Mornings: Starting Slow and Intentionally**

Gone are the days when I jumped out of bed ready to conquer the world. These days, I wake up slower—partly because my body needs a moment to warm up, and partly because sleep can be hit or miss. Some nights I’m wide awake at 2 a.m. for no reason at all. Others, I sleep like a baby... after tossing and turning for two hours. But I’ve learned not to rush my mornings. I start with a deep breath, a little stretch, and a simple gratitude thought. “Thank You for another day.” That one habit softens my mood instantly.

I drink warm water with lemon (or herbal tea if I’m feeling fancy), and I give myself space before checking my phone or talking to anyone—especially if the night before included hot flashes or wild dreams.

## **Mid-Morning: Mum Life & Making Space for Me**

As a mum of two teenagers, mornings can get busy. Between getting everyone ready, sorting breakfast, and shouting reminders like “Grab your socks!” or “Where’s your assignment?”, I often forget to eat until after they’ve gone.

But here’s what I’ve learned: **I matter too.**

So I’ve created small rituals for myself. Maybe it’s five minutes of journaling. Maybe it’s playing music that makes me feel good. Maybe it’s taking an extra-long shower just because it calms my nervous system.

My new rule: If I give to others, I must also pour back into me.

### **Afternoons: Energy Dips and Real Talk**

This is when the fatigue likes to creep in—usually around 2 or 3 p.m. I used to push through it, loading up on coffee or sugar.

Now, I’ve learned to pause when I can. If I can sneak in a 15-minute lie-down, I do. If not, I at least sit in a quiet space and breathe.

I also try to eat light but nourishing meals. Salads with healthy fats, protein-rich snacks, or warm soups. I’ve discovered that what I eat really affects my energy and mood.

Work-wise, I’ve adjusted my expectations. I try not to overbook my afternoons. I say “no” more often, without guilt.

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### **Evenings: Family Time, Fluctuating Feelings & Grace**

Evenings are a mixed bag. Sometimes, I’m full of energy and ready to cook, chat, and hang out with my kids. Other nights, I just want to crawl into bed with zero questions asked.

And that’s okay.

I’ve had to learn how to communicate my needs—especially to my kids. I’ll say things like, “Mummy’s feeling a little tired tonight,” or “I need a quiet hour to recharge.” It’s teaching them something powerful: even strong women need rest. Dinner is usually a family affair. We talk, laugh, and sometimes argue over who’s doing dishes. Afterward, I wind down with tea, soft music, or a funny show—something to shake off the day.

## **Nights: Managing Sleep (And the Unexpected)**

Sleep is still tricky. I've created a calming bedtime routine:

No heavy meals after 7 p.m.

Herbal tea (chamomile is my go-to)

A warm bath or a few drops of lavender oil

Screens off at least 30 minutes before bed (I try... some nights are Netflix nights!)

And if I do wake up in the middle of the night? I breathe. I don't panic. I remind myself: This is part of the shift. And I'll be okay.

The Honest Truth?

No two days are the same. Some are full and joyful. Others feel heavy and slow. But in all of it, I'm learning to show up with more compassion, more softness, and more strength than I ever knew I had.

My days may not be perfect, but they are real, grounded, and beautiful in their own way. And that's enough.



## **End-of-Chapter Bonus**

### Reflection Prompt

“What does a day of balance look like for you?”

Write out your current routine, and then dream a little—what could you add, remove, or shift to create more peace and joy?

### Mini Exercise: Design Your Daily Flow

If you've made it to this point in the book, I want you to pause and take a deep breath. You've come so far—not just in reading these pages, but in your own journey. And for that, I celebrate you.

Pre-menopause isn't just a physical shift. It's emotional, mental, and spiritual. It's the kind of change that shakes things up—yes—but also clears the path for something new.

Something beautiful.

For me, this season has been humbling. At times confusing. But it's also been trans-formative. I've learned how strong I am, even when I feel weak. I've discovered how soft I can be, without losing my power. I've stopped hiding behind perfection and started leaning into presence.

And that, my friend, is what embracing the shift is really about.

### **Becoming More of Yourself**

We don't talk enough about the beauty of midlife. We hear about aging, wrinkles, and slowing down—but no one tells us about the confidence, the freedom, and the deep wisdom that comes with it.

You begin to care less about what people think and more about how you feel.

You stop shrinking to fit in and start stretching to grow. You realize that this version of you—tired, changing, yet rising—is powerful beyond words.

You're not disappearing. You're evolving.

## **Why Sharing My Story Brought Me Joy**

Writing this book has brought me so much happiness. It allowed me to own my story and speak from my heart. But even more than that—it's made me feel connected. If this book has reminded even one woman that she's not alone... then it's all been worth it.

## **You're Not Alone**

There's a sisterhood in this shift. Women everywhere are walking through this season, just like you. Let's keep the conversation going. Let's speak kindly to ourselves and to each other. Let's choose joy, even on the hard days. Because this chapter of life isn't the end—it's an invitation to begin again.

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*Enjoy the process*