

Enjoy this specially curated list of menopause survival tips and guidance from women just like you who've been wrecked by menopause and are finding their way with support from other women and their own inner power and wisdom.

Meno Madness Relief Kit

DAILY HABITS TO MAKE YOU FUCKING FEEL GOOD

Personal care

- Put makeup on to make yourself feel beautiful
- Take a luxurious bath
- Wear fuzzy socks
- Get a vibrator and use lube

Connection/disconnection

- Take time to be by yourself
- Go out with friends
- Sing karaoke with friends, family or just solo
- Focus on others to take focus off yourself
- Go to a 12-step meeting
- Read something you enjoy, uninterrupted
- Get advice from friends who've been through it
- [Join the Meno Woman's Gab 'n Grip FB Group](#)

Movement

- Take walks
- Dance your ass off
- Do yoga, do Pilates

Mindful shit

- Avoid the fuck out of stress
- Meditate lying down like a lazy ass
- Arrange fresh flowers around the house
- Drive around and look at the autumn leaves
- Pet your kitty; walk your doggie

Entertainment

- Keep a sense of humor, you're gonna need it!
- Plan nothing-to-do afternoons and go somewhere you can wander aimlessly
- Go to the movies



FUCKS GIVEN



Get VIP access to the
Menopausal Woman's
Gab 'n Gripe FB Group



SANITY SPLURGES

Treat yourself

- Get a full-body massage or even just foot reflexology for 30 minutes
- Get a mani/pedi
- Go for a coffee, get off your phone, stay and people watch.

Get the fuck outta here

- Take a mini-escape for a long weekend (solo or with girlfriends)
- Take a couple hours' escape (disconnect from everything and everyone).
- Go for a drive.

Hide the fuck out

- Stay off social media for a whole 24 hours.
- Stay in bed for a whole day one weekend.

And hey, ask for help! Can your spouse or partner or one of your kids or even a friend take on a task that you usually do?

Sometimes just offloading one thing in our day or some aspect of our lives makes a huge difference - but we're too busy being martyrs (or too fucking tired to remember or care) to ask people to do things for us.



Get *The Menopausal Woman's Guide* series on Amazon

TRIED AND TESTED (& ACTUALLY FUCKING WORK) NATURAL PRODUCTS

- Natural Femiyn for mood, hot flashes, anxiety
- Fish oil, turmeric for inflammation and mood
- Vitamin D and Vitamin B-12 for fatigue
- CBD for sleep
- Estroven for mood
- Le-vel Thrive products for energy

KICKASS SUPPORT TO CAUSE YOUR NEXT BREAKTHROUGH

- FREE book to help you execute your next breakthrough
- Accompanying Facebook group to do the "challenge" book club together in 5 days

MOTHER'S LITTLE HAPPINESS HELPER PLAYLIST

- "Free" by Ultra Nate ("You're free...to do what you want to doooo!")
- "Lil Boo Thang" by Paul Russell
- "The Happy Song" Pharrell Williams
<https://24hoursofhappy.com/>
- Any song by the Goo-Goo Dolls
- Classic rock yourself into feeling better
- 70s disco to drum up your inner diva (Donna Summer anyone?)