

# MORNING AND EVENING RITUALS WORKBOOK

Optimising your health and happiness  
in menopause

By Tania Dalton  
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## RE-EVALUATING OUR LIFESTYLE IN MENOPAUSE

Menopause can be one of the most challenging phases of our life but also a time where we can re-evaluate our lifestyle to ensure that we move forward into our next chapter with optimal health and happiness.

During the menopause transition our body can produce symptoms (up to around 34) as our reproductive hormones fluctuate (often severely) and eventually flatline for the rest of our lives. This process is our body attempting to adjust and find homeostasis.

Every woman's experience with menopause is different, as we all have different genetics, different nutrition and exercise backgrounds, different lifestyles and also different cultural beliefs relating to how menopause is perceived. We are all unique and our menopause will also be unique to us.

However, our symptoms can often be messages from our body requesting us to make changes to our lifestyle to facilitate it in finding or re-establishing balance. Generally, there is no one thing we can do to manage our symptoms and we need take a multi-faceted approach which may or may not include hormone treatment.

Creating morning and evening rituals made up of healthy habits can assist in managing our menopause transition and improve our health not only for now but also for the future as we age. Just like brushing our teeth morning and evening, we can adopt other daily habits that can benefit us immensely.

The following pages set out ideas that you may like to adopt but please alter and adapt the practices to your individual needs.

## HOW AND WHY MORNING AND EVENING RITUALS

Creating positive morning and evening rituals is a self-investment.

Often menopause is a time where we feel overwhelmed due to fluctuating hormones and the many changes happening to our body and mind. When menopause is disrupting our life, rituals can provide structure to help us better manage our days and also help to manage our symptoms.

As most women entering menopause will have been alive for quite a few decades, it is likely that we already have many ingrained habits – some good and some not so good. It's important to therefore accept that creating new habits may take time and we must be kind to ourselves during the process.

Starting small is a key to success. Creating one new habit at a time will optimise your chance of successfully making this a part of your rituals. Flexibility is also important. Often our days and weeks will be different – either our schedules change or our needs change. That may mean sometimes reducing the time we allocate to a new habit – even a micro dose of an activity can help to create a daily habit.

Starting simple is also a key to success. The habits you select to be part of your morning and evening rituals must be those that you will be able to implement easily. There is no point in having the 'perfect' ritual scheduled but it being too long or not enjoyable.

Don't be afraid to try new habits and see how they work for you. Creating rituals is a process of experimentation, optimisation and change – what we need today to be our healthiest and happiest, may not be what we need in another few weeks, months or years.

And, if you do miss a day here and there, please don't be hard on yourself. Consistency is important but realise that setbacks are a normal part of the change process. Get back on track as soon as possible and try again.

# IMPORTANT CONSIDERATIONS WHEN PLANNING YOUR MORNING AND EVENING RITUALS

## SLEEP

Circadian rhythms are 24 hour cycles that are part of the body's internal clock, running in the background to carry out essential functions and processes. One of the most important circadian rhythms is the sleep-wake cycle.

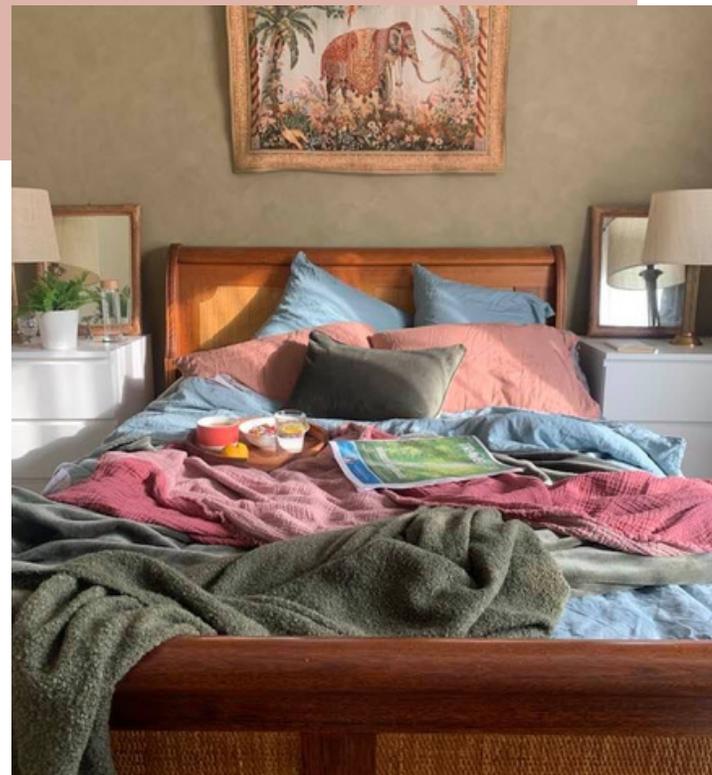
Sleep disruption can be a major issue during the menopause transition.

As you may know, sleep is a critical factor for good health – our body and mind recovers and repairs during sleep and this allows us to operate optimally.

Why is sleep disrupted at menopause?

When estrogen and progesterone decrease, many sleep related processes are affected - body temperature regulation, cortisol regulation and melatonin production are some of the issues that don't do us any favours.

Prioritising sleep and working with natural circadian rhythms is therefore critical.



# IMPORTANT CONSIDERATIONS WHEN PLANNING YOUR MORNING AND EVENING RITUALS

## STRESS

Why do we become more stressed at menopause?

There is often so much going on at the time of menopause – and not just hormonally. We are ageing, maybe reassessing our life choices, at a career crossroad or high level in our careers, possibly dealing with our children's puberty and/or maybe assisting elderly parents. Needless to say, it can all be very stressful.

Add to that declining estrogen levels which impact the regulation of cortisol (our stress hormone) and it can often feel like we are drowning in stress.

Chronic stress can make menopausal symptoms significantly worse.

Although some stress is good for us (we need to stress our body to get stronger and we need to be able to manage the daily stresses of everyday life), chronic stress is extremely detrimental to our overall health and wellbeing. Increased cortisol levels can even contribute to the dreaded belly fat that we are prone to storing at menopause.

Stress management is therefore another critical factor in optimizing our menopause transition



# MORNING RITUALS TO HELP IN MENOPAUSE

Set out below are morning habit ideas to help you create your own morning ritual. Please note that as every woman's menopause is individual, its important to adopt habits that align with your needs.

## PREPARE FOR SLEEP WHEN YOU WAKE - DAILY REMINDER

What you do during the day sets you up to sleep well at night

## MEDITATION

There are many apps sharing guided morning meditations - even a micro dose helps

## AWAKE AT THE SAME TIME EACH DAY

Our bodies respond well to a routine sleep/wake time

## JOURNELLNG

Whether its setting your intention for the day or jotting down your current thoughts, journelling can assist our mental health

## YOGA

Starting our day with a yoga session (even a very short one) can help our mind and body prepare for the day

## MORNING LIGHT

Exposing our eyes to daylight as soon as possible after we awake provides our body with important circadian cues

## BREAKFAST

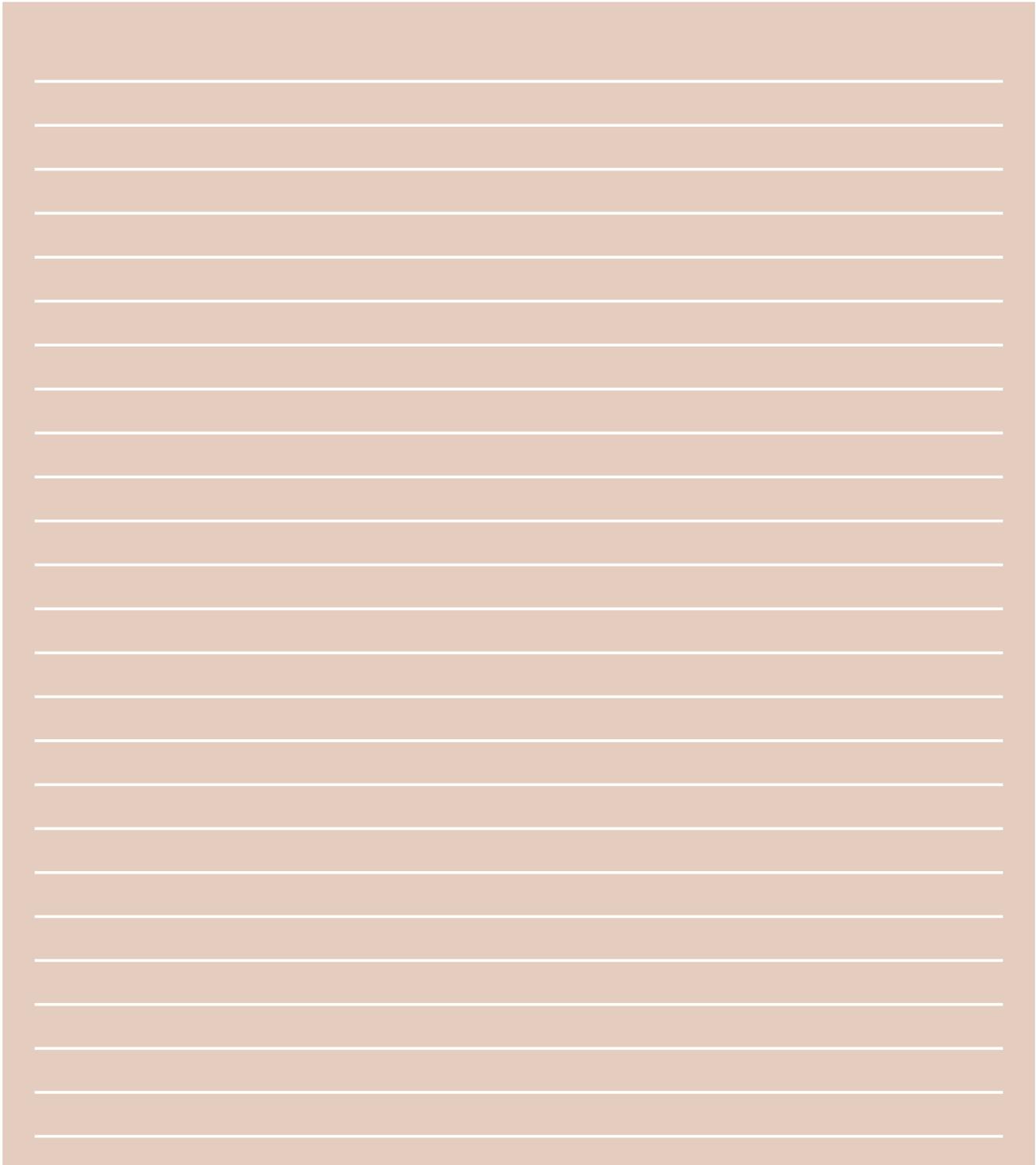
Fasting does not assist us at menopause. A breakfast that contains a good mix of carbohyrdates, protein and healthy fat is ideal

## WORKOUT

Working out should ideally take place before evening  
A morning workout can energise you for the day

## Morning ritual ideas

A space for brainstorming habits that you may like to incorporate into your morning ritual



# MY IDEAL MORNING RITUAL

Set out what your ideal morning ritual would look like

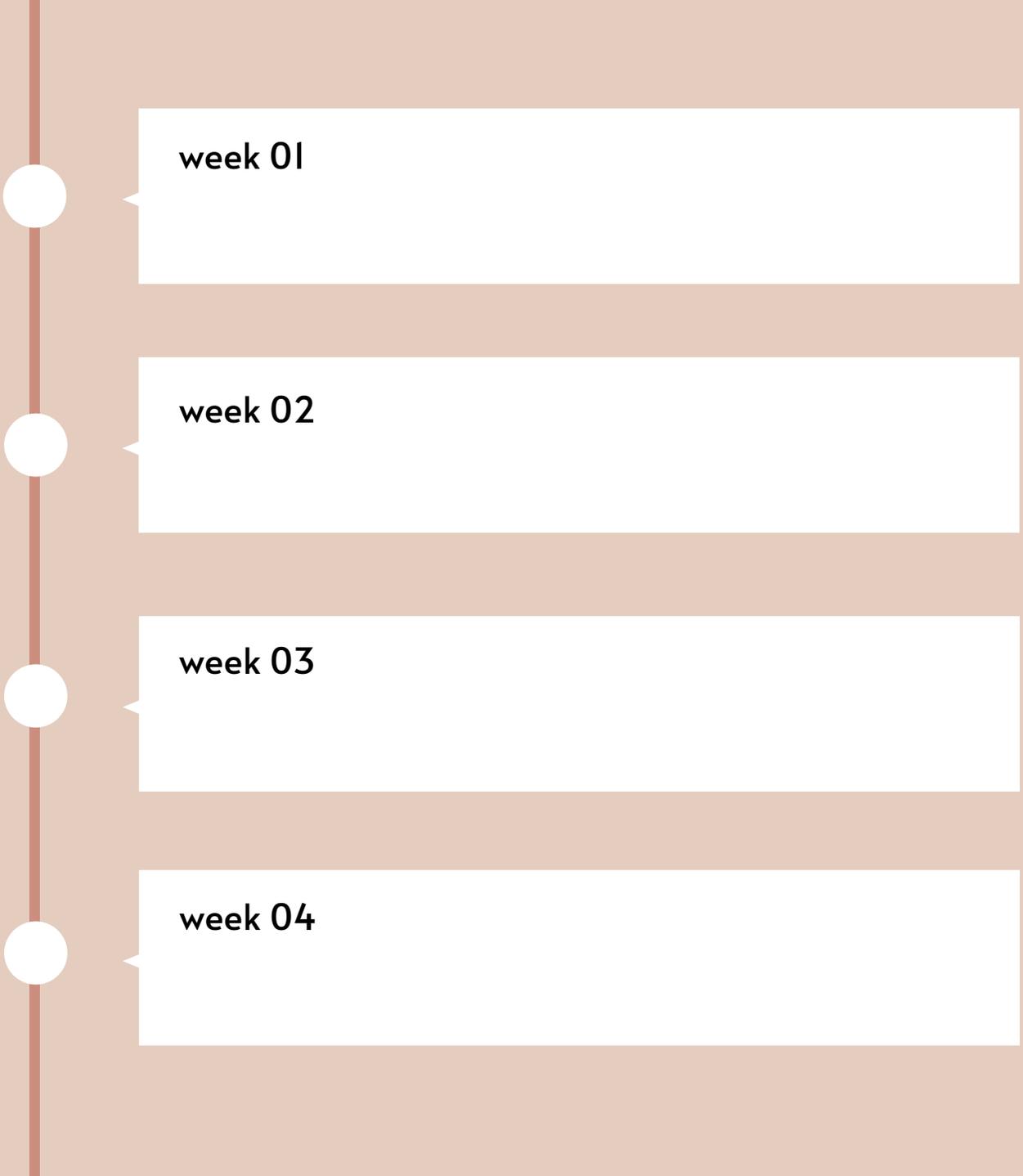
This is what you will work towards gradually

Make this a work in progress - revising and adapting as necessary



# MORNING RITUAL PLANNER

Set out details of a new habit to add to your morning ritual each week - implementing habits gradually will help to make them a daily part of your life



week 01

week 02

week 03

week 04

# EVENING RITUALS TO HELP IN MENOPAUSE

Set out below are evening habit ideas to help you create your own evening ritual. Please note that as every woman's menopause is individual, its important to adopt habits that align with your needs.

## REDUCE LIGHTING/ REMOVE ELECTRONICS

Dimming bright lighting and turning off electronic devices helps with melatonin production

## MEDITATION

There are many apps sharing guided morning meditations - even a micro dose helps

## WIND DOWN MOVEMENT

it's not ideal to do vigorous exercise at night, however a gentle yoga practice or a relaxing walk can be helpful

## JOURNELLNG/GRATITUDE

Jotting down thoughts from the day and practising gratitude can help clear our mind ready for sleep

## MAGNESIUM BATH

Helps us relax, our body temperature reduces afterwards and some magnesium may also be absorbed through the skin.

## PRE-BED DRINKS

Replace caffeinated drinks with soothing herbal teas such as cammomile  
Tart cherry juice contains a natural form of melatonin

## OPTIMISE SLEEP ENVIRONMENT

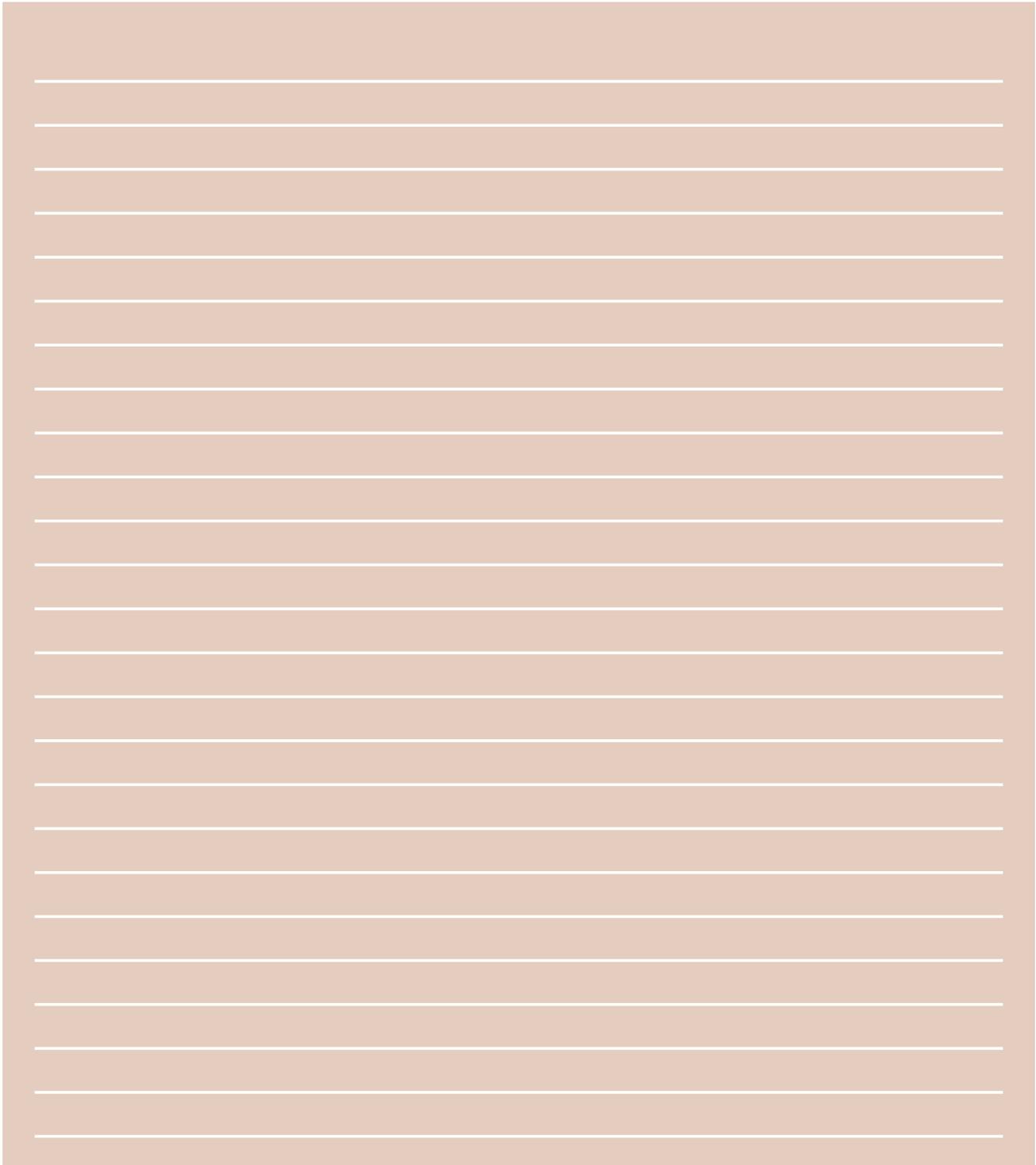
We are more sensitive to our surroundings in menopause - keep your bedroom dark, quiet and cool

## GO TO SLEEP AT THE SAME TIME EACH DAY

Our bodies respond well to a routine sleep/wake time

## Evening ritual ideas

A space for brainstorming habits that you may like to incorporate into your evening ritual



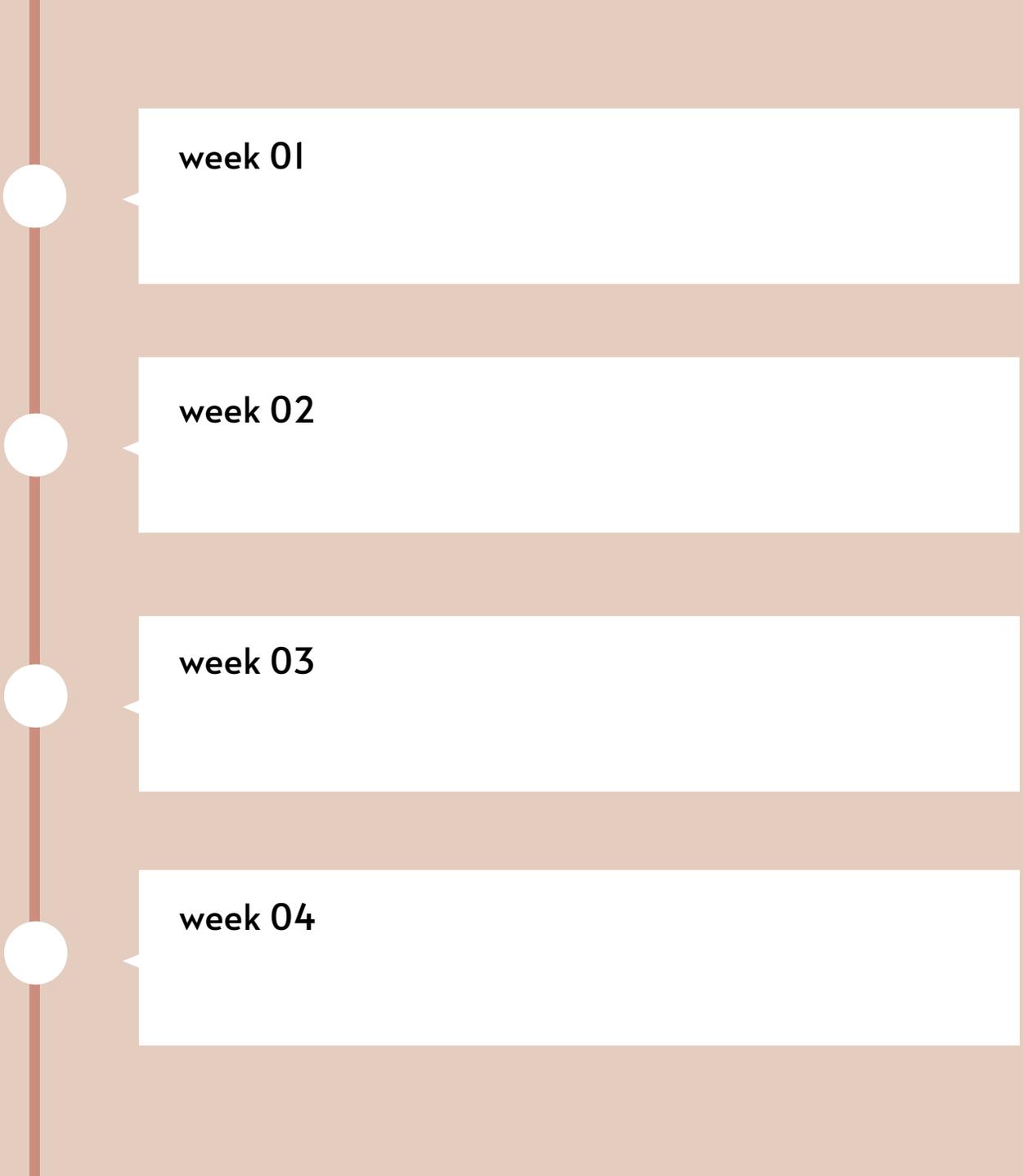
# MY IDEAL EVENING RITUAL

Set out what your ideal evening ritual would look like  
This is what you will work towards gradually  
Make this a work in progress - revising and adapting as necessary

The form consists of eight identical horizontal bars stacked vertically. Each bar begins with a solid dark red circle on the left side, followed by a light beige rectangular area with rounded ends, intended for writing the details of an evening ritual.

# EVENING RITUAL PLANNER

Set out details of a new habit to add to your evening ritual each week - implementing habits gradually will help to make them a daily part of your life



week 01

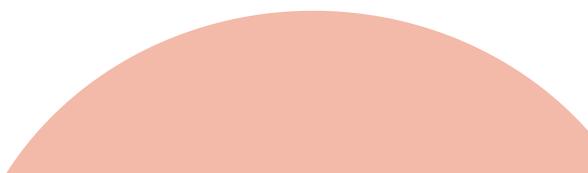
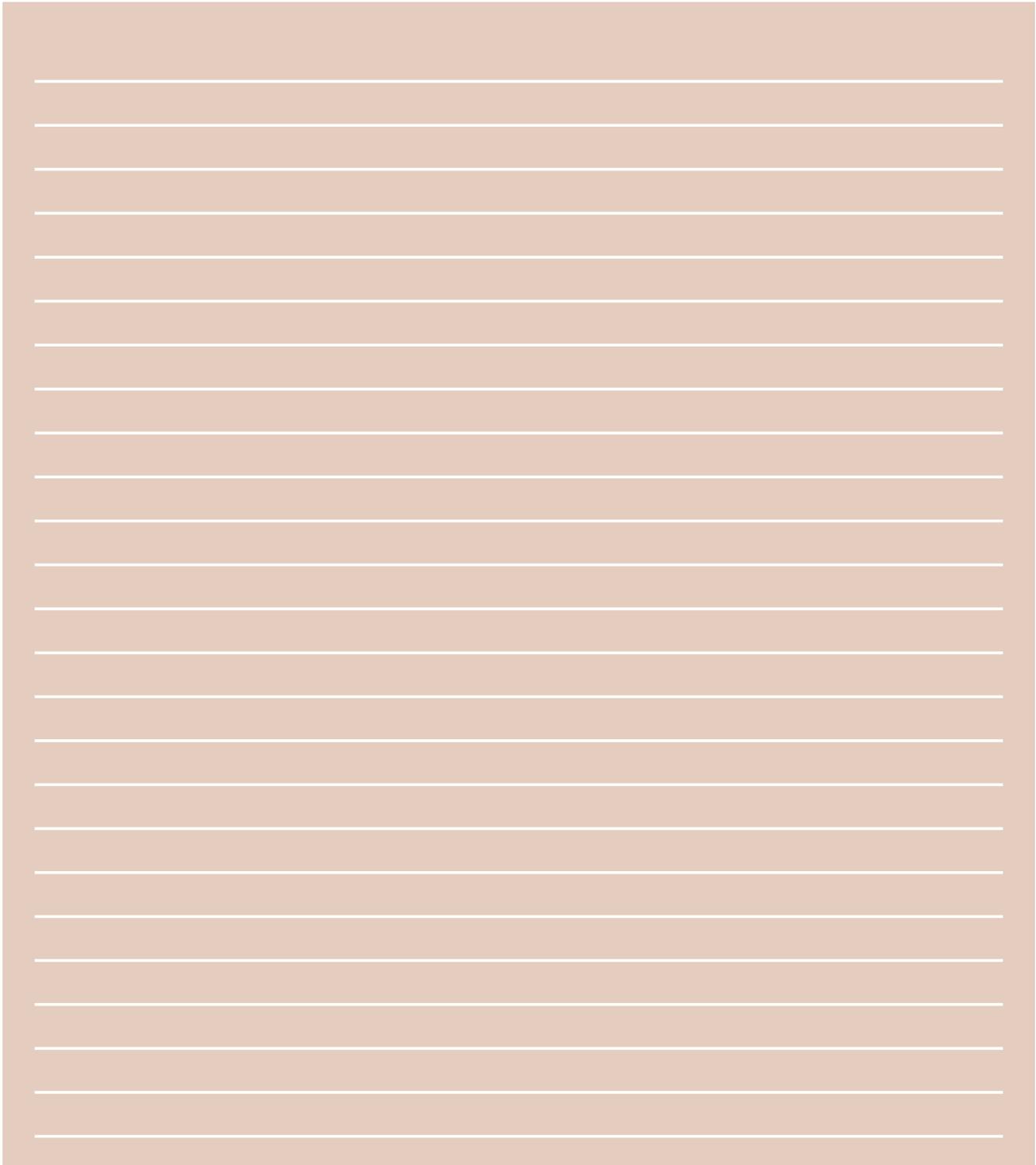
week 02

week 03

week 04

# Reflection

A space for reflecting on how the morning and evening rituals you are creating are working for you



## MAKING MENOPAUSE THE HEALTHIEST AND HAPPIEST TIME OF YOUR LIFE

Our transition through menopause from our reproductive years into a new stage of life allows us to re-assess and renew our health habits and rituals.

It is important that we take ownership and responsibility for our health and be proactive. However, we must also be kind to ourselves while prioritising our health.

A reminder that we deserve to live our best lives and we deserve to be healthy and happy.

TANIA





## ABOUT TANIA

Tania is 52, a healthy ageing coach and personal trainer with a special interest in helping women thrive in menopause.

Although fit and healthy, Tania was unprepared for the menopause transition. After developing a simple but effective way of managing her own menopause symptoms and becoming her healthiest and happiest self, Tania is now passionate about sharing her strategies and thoughts about this transformational time of life.

## Contact

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