



THE  
TRANSITION  
COACH

A REFLECTION WORKBOOK

# Midlife, Menopause & *Everything Else*

*Five themes for the midlife years, when work, family, your own health and a changing body all seem to land at once. This workbook is a space to set it all down, see it clearly, and decide what you want next.*

*Helping women navigate change and thrive.*

[thetransitioncoach.co.uk](http://thetransitioncoach.co.uk)



## A space to set it all down.

Midlife has a way of arriving all at once. Ageing parents who need you. Children who still do too, although they may be at a stage where they don't want to admit it. Work that asks more than ever, while asking you to prove you still belong in the room. And underneath it all, a body and mind that may be changing in ways no one quite prepared you for.

It's a lot, and much of it is invisible - the kind of load that creeps up on you, quietly taking all the energy you have. This workbook is an invitation to pause, set the load down where you can see it, and make sense of it on your own terms.

There are no right or wrong answers here, and nothing to hand in. This workbook is for you, and you only. To get the most from the prompts, try to be honest with yourself, and to meet what comes up with curiosity rather than judgement. Take it at your own pace; you might explore a theme a day, or work through it all in one sitting.

### HOW TO USE THIS WORKBOOK

- Find somewhere you won't be interrupted. Write by hand if you can; it slows the mind to a reflective pace.
- Use the blank spaces however you wish, in words, in lists, or in sketches. There are no rules.
- One theme looks at the physical and hormonal changes of this stage. If that's part of your picture, there's an optional appendix at the back to help you prepare for a conversation with your GP. If it isn't, just skip it.
- Return to these pages whenever something is changing for you again.

**A GENTLE NOTE** *Reflecting on a full and demanding stage of life can stir up more than you expect, including low mood. If anything here brings up more than feels okay, please reach out to someone you trust, to your GP, a qualified therapist, or to NHS 111. If you are having thoughts of suicide or self-harm, please contact the Samaritans on 116 123 now.*

# 01

## THE FULL PLATE · RECOGNISING EVERYTHING YOU'RE CARRYING

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So much of the weight of this stage comes from the sheer volume of things needing you at once. The first step is to stop holding all of the thoughts and lists in your head, and instead put them down in one place so you can recognise the load you're carrying with more clarity.

### GENTLE PROMPT

Without editing or justifying any of it, list *everything you're currently holding*: the people, the responsibilities, the worries, the practical and the emotional. Let it be as long as it honestly needs to be, and add to it later if more comes to mind.

WRITE · SKETCH · REFLECT

### GOING DEEPER

Looking at that list, does anything surprise you? What have you been treating as “nothing much” that is actually quite a big deal?

WRITE · SKETCH · REFLECT

# 02

## THE INVISIBLE LOAD · WHAT ONLY YOU SEEM TO HOLD

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Some of what you carry is visible. A great deal of it isn't: the remembering, the anticipating, the smoothing-over, the quiet effort of holding things together so that others don't have to. It can be wearing in a way that's hard to point to, precisely because no one else can see it.

### GENTLE PROMPT

What do you find yourself holding that others around you don't seem to notice, or assume is simply taken care of? Where do you spend energy that *goes unseen*, whether at home, at work or elsewhere?

WRITE · SKETCH · REFLECT

### GOING DEEPER

Do you feel you have to work harder, or prove yourself more, than others might for the same result? Where and when do you notice that, and what feelings come up? What, if anything, would you like to do differently?

WRITE · SKETCH · REFLECT

# 03

For many women, midlife brings physical change too, in sleep, energy, mood, focus, and the body itself. Fluctuating hormones affect the brain as much as the body, and it's easy to blame yourself, or more specifically your character, for things that may have a physical cause. This theme is a place to notice that, without judgement.

## GENTLE PROMPT

What has felt *different lately* in your body, your energy, your sleep or your moods? Have you found yourself blaming your willpower or your character for changes that might be physical?

WRITE · SKETCH · REFLECT

## GOING DEEPER

If some of what you've been struggling with is hormonal rather than a self-perceived character flaw, how does that feel? What might change in how you treat yourself?

*If hormonal change is relevant for you, the optional appendix at the back can help you organise what you've noticed and prepare to speak to your GP about the menopause transition.*

WRITE · SKETCH · REFLECT

# 04 WHAT I'LL PUT DOWN · CAPACITY AND BOUNDARIES

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You have a finite amount of energy each day. In midlife, the old strategy of simply pushing harder tends to stop working. Being honest about your real capacity isn't giving up; it's deciding, deliberately, what your energy is for.

## GENTLE PROMPT

What is draining you that *doesn't have to be yours* to carry? What could you set down, hand over, or stop apologising for?

WRITE · SKETCH · REFLECT

## GOING DEEPER

Which old ways of coping have quietly stopped working? What might it mean to stop forcing them?

WRITE · SKETCH · REFLECT

# 05

## WHAT I WANT NOW · THE NEXT CHAPTER, ON MY TERMS

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Amid everything this stage asks of you, it can be easy to lose sight of what you want. Midlife can force a reassessment, but it can also be an invitation to begin again, or to make changes.

### GENTLE PROMPT

If the next chapter was shaped by *what you genuinely want* (not by obligation, fear, or others' expectations), what would you want more of? What would you want less of?

WRITE · SKETCH · REFLECT

### GOING DEEPER

What have you quietly stopped allowing yourself - perhaps rest, ambition, pleasure, space, a voice - that you'd like to reclaim now? What is one step towards it?

WRITE · SKETCH · REFLECT

A NOTE TO REMEMBER



# You are carrying a lot at once. You deserve to be taken seriously.

The midlife years are genuinely demanding - practically, emotionally, physically, and how you feel about who you are. Naming the load you are holding is not complaining, and protecting your capacity is not failing. It is how you keep enough of yourself protected to live the next chapter well.

Take what's useful from these pages. Leave what isn't. And be gentle with yourself as you make sense of this stage and decide what you'd like the next one to look like.

# If something here has shifted your thinking, that's worth exploring.

The prompts in this workbook are similar to the questions we might work through in coaching, only with more space, time and support, and the steady accompaniment of an experienced coach alongside you as you move from reflection towards change.

Therapy-informed coaching with me offers a calm, focused space to navigate the midlife years: the full plate, the invisible load, the changes in body and mind, and the question of what you want this next chapter to look like. You don't need to arrive with answers, or even the right words.

*Whenever you feel ready, I'd love to talk.*

*Helping women navigate change and thrive.*

**[thetransitioncoach.co.uk](https://thetransitioncoach.co.uk)**

THE THERAPY-INFORMED COACHING FOR WOMEN AT A CROSSROADS

## If hormonal change is part of your picture.

This part is optional. If the physical and hormonal changes of midlife are relevant for you, this appendix can help you organise what you've noticed and prepare for a conversation with your GP or a menopause specialist. If it's not part of your picture right now, simply skip it.

*Please note: this is not a diagnostic tool. It's a way to notice, reflect and structure your thoughts so you can have a clearer, more confident conversation.*

# What have I noticed? A symptom checklist

Tick anything you've experienced lately, even briefly. You may tick several, or just one or two.

## PHYSICAL

- Hot flushes / night sweats
- Disturbed sleep / early waking
- Fatigue, low energy
- Heart palpitations or dizziness
- Headaches or migraines
- Joint or muscle pain
- Weight, appetite or digestive changes
- Hair, skin or nail changes
- Dry eyes or vision changes
- Vaginal dryness / urinary changes
- Tinnitus, electric shocks, itching or pins and needles
- Breast tenderness
- Other:

## MENTAL & EMOTIONAL

- Brain fog, poor concentration
- Memory lapses or word-finding difficulty
- Anxiety or panic
- Low mood or depression
- Mood swings, irritability or rage
- Tearfulness
- Feelings of dread, doom or overwhelm
- Loss of motivation
- Loss of pleasure (anhedonia)
- Increased sensitivity
- Intrusive or dark thoughts \*
- Other:

## SENSE OF SELF

- Loss of confidence
- Feeling "not myself"
- Loss of interest in things I loved
- Paranoia or second-guessing
- Fear of ageing / reduced fertility
- Loss of libido
- Reassessing work or relationships
- Old coping strategies stopped working
- Difficulty masking
- Body image concerns or disordered eating
- Burnout or sensory overwhelm
- Other:

\* If you're having thoughts of suicide or self-harm, please contact your GP, NHS 111, or the Samaritans (116 123) now.

Overall, how is this affecting daily life?

BARELY	MANAGEABLE	SIGNIFICANT	DEBILITATING
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## A few notes to bring with you

The three symptoms affecting me most (mention these first if the appointment is brief):

1.

2.

3.

When my last period started, and any changes in my cycle:

When I first noticed these changes, and how they're affecting my work, relationships and daily life:

Questions I may wish to ask:

- Could HRT be appropriate for me? If not, what are the alternatives?
- Could I be referred to a menopause specialist, or for CBT or talking therapy?
- If this has highlighted other things going on for me, for example ADHD, autism, or my mental health, can I be referred to the right service for that too?

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If it's therapeutic support you're looking for specifically, I'm also a qualified, BACP-accredited therapist supporting women through hormonal change at [themenopause therapist.com](http://themenopause therapist.com).

This workbook is for general information and reflection only. It is not a substitute for personalised medical or psychological advice. If you are concerned about your physical or mental health, please speak to your GP or a qualified clinician. If you are in crisis, contact your GP, NHS 111, or the Samaritans (116 123).