



HOW TO MASTER YOUR

Menopause Mindset

SUSTAIN NUTRITION



WHAT TO EXPECT

- **Who we are and why you might want to listen to us**
 - **It's not your fault**
 - **What is actually happening**
 - **What can we control**
 - **Setting up for success**
 - **Questions**
- 

Who are Sustain Nutrition?

Our Mission

- Started back in 2016 we knew something had to change.
- We wanted to show there was more to this than just a calorie deficit.
- Our mission is to remove guilt, failure and regret from choices.
- To put clients back in control.
- To help people build healthy habits, become more mindful of choices and change the way people use food.
- We don't want to just change WHAT people eat but instead change WHY they eat.

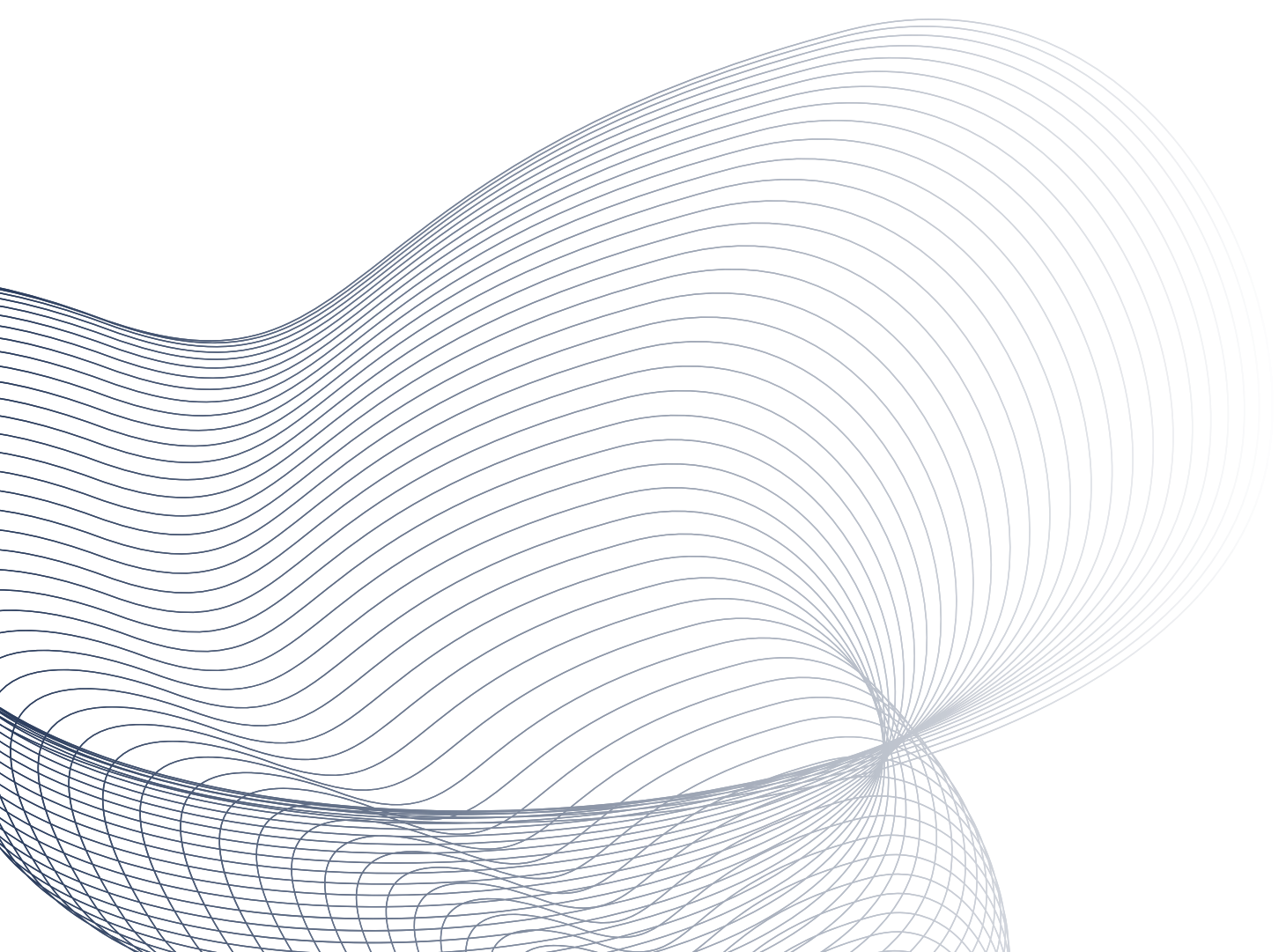




It's NOT your fault

- **Look at menopause as a second puberty (it happens to all women)**
- There are physiological changes happening that will impact you
- **It's not a case of trying harder or doing better, it's a case of trying smarter**

What is actually going on?



Estrogen, progesterone and testosterone all play a role in your mood.

Estrogen impacts serotonin (the Happy hormone) cognition and sleep

Progesterone helps you feel calm and relaxed, It's like a mood management hormone.

Testosterone helps with mental clarity

During the Peri-menopause these will ebb and flow (think post natal depression)

Estrogen plays a huge role in the brain. Decision making, critical thinking, rational thought, and emotional intelligence can all be impacted.

Anxiety

Fatigue

**Weight
gain**

**Brain
fog**

Sleep

5 top symptoms

What can we control?

With everything else going on what can we control that will have a positive impact on improving where are currently?

**Exercise
Nutrition**



Sleep



Mindset





Nutrition – Benefits

- **More control**
 - **less cravings**
 - **Weight management**
 - **Improved health and energy**
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Nutrition – What

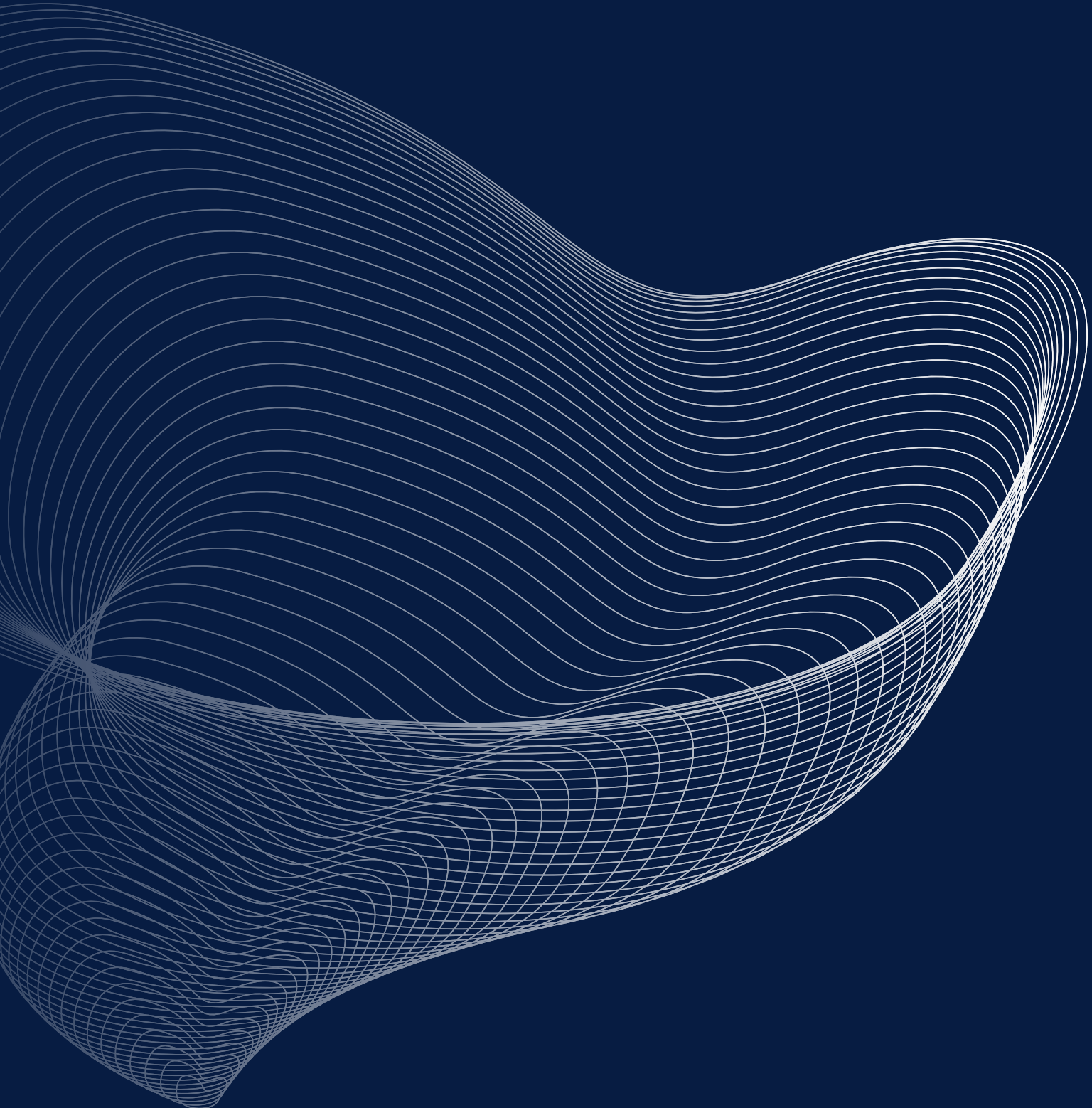
- **Prioritise Protein**
- **Prioritise high fibre**
- **Eat more nutrient-dense foods**
- **Choose more single-ingredient foods**
- **control higher calorie foods**



Nutrition – How?

- **Meal Planning**
 - **Scheduling HCF**
 - **Creating/Removing Friction**
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Exercise – Benefits

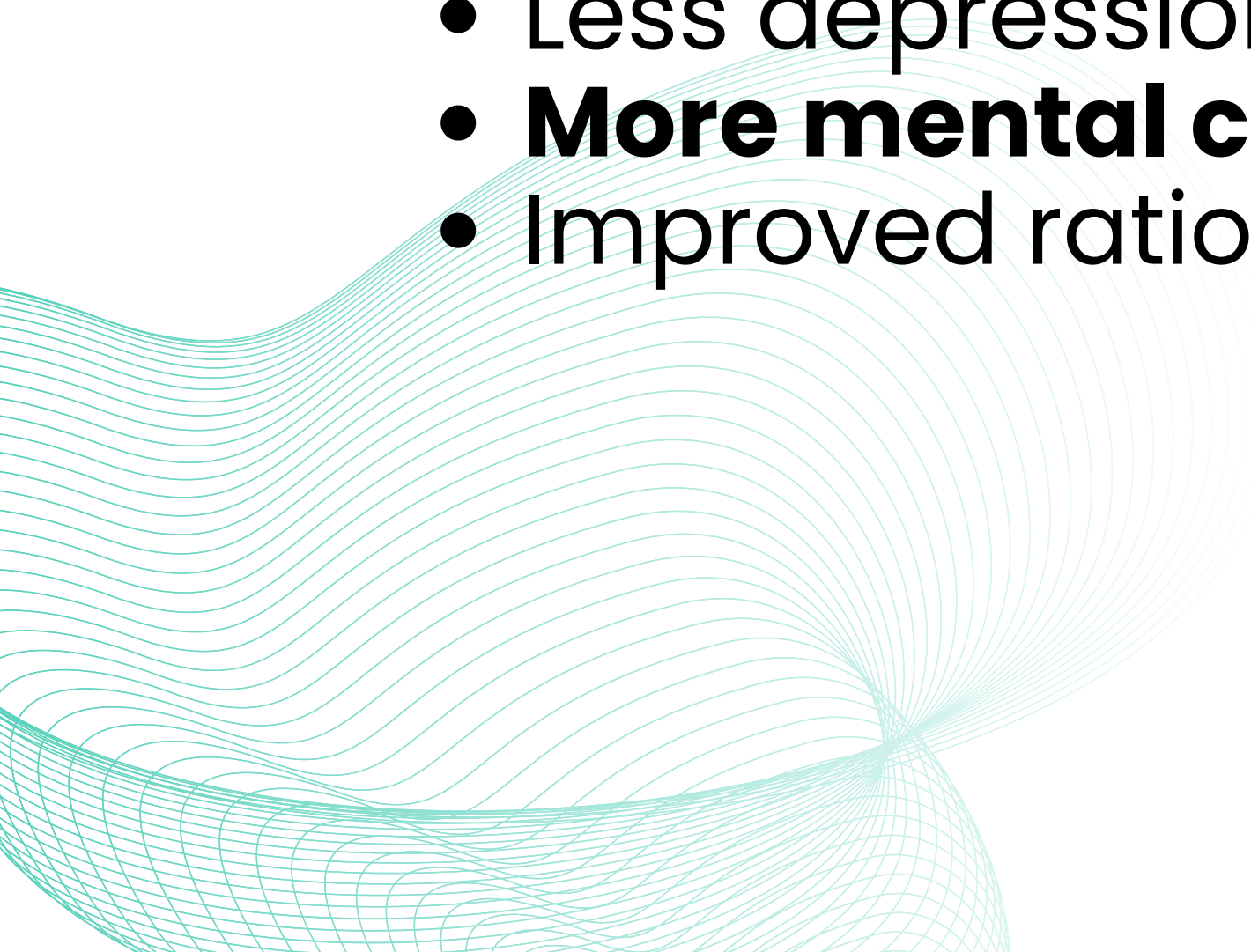
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- Massive dopamine hit
 - **Self-care**
 - Mental health
 - **Sense of achievement**
 - Aids sleep
 - **Improved health and energy**




Exercise

- **Don't look for optimal**
 - What do you like to do?
 - **What is realistic?**
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Sleep - Benefits

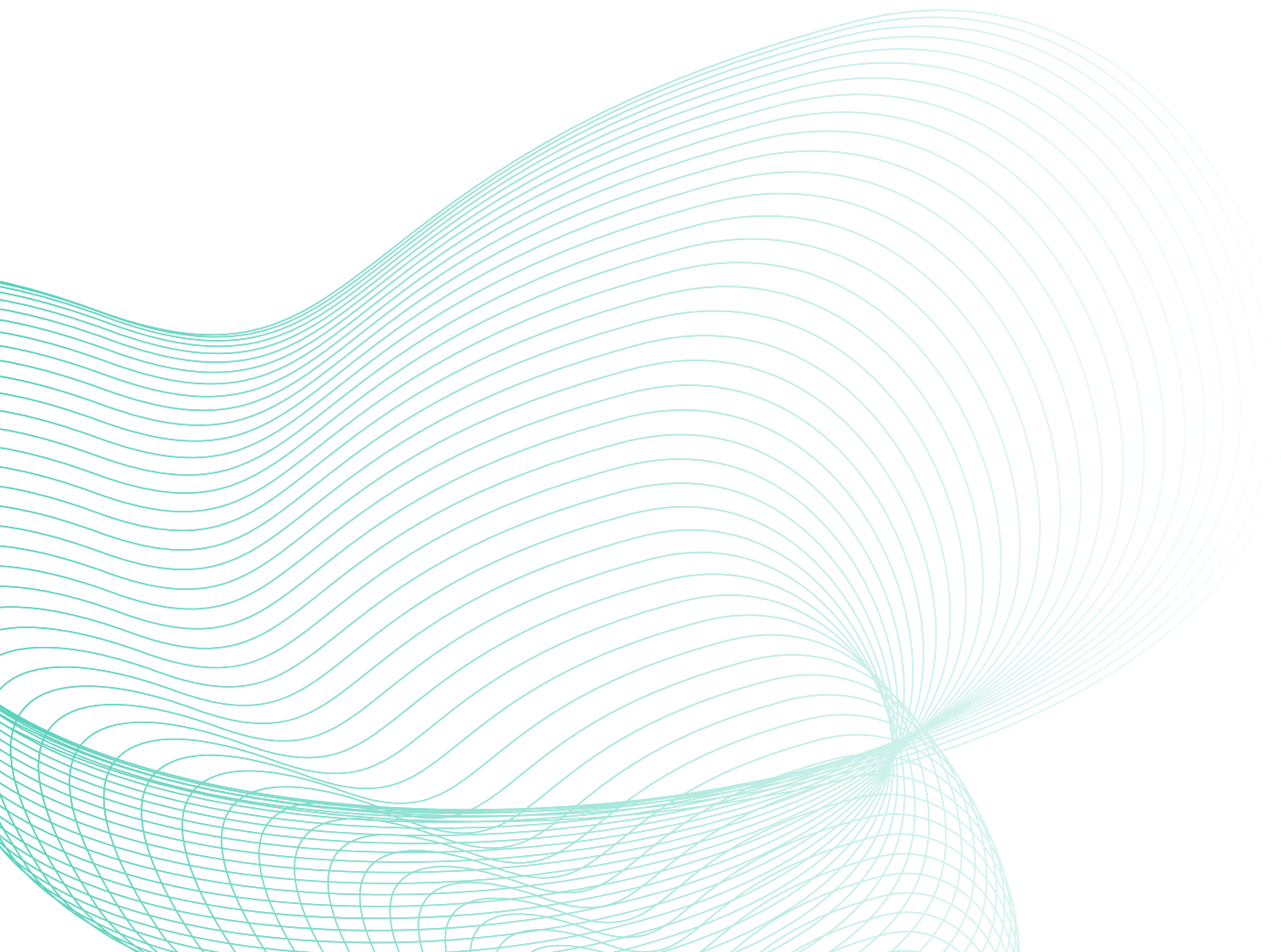
- Regulate emotions
 - **Less anxiety**
 - Less depression
 - **More mental clarity**
 - Improved rational thought
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- A decorative graphic consisting of numerous thin, teal-colored wavy lines that flow from the bottom left towards the center of the slide, creating a sense of movement and depth.

Sleep

- **Sleep Hygiene**
 - Regular wake/sleep cycle
 - **Digital Detox**
 - Blackout blinds/eye mask
 - **Ear plugs**
 - Hot bath/shower
 - **Cool room**
 - Journal/To-do lists/Reflection
- 

Sleep

CBT - the most effective treatment for sleep issues long term.



Mindset – Why & benefits

- **Reduction in estrogen can be worse for those with existing MH issues**
- Less stress, better sleep, less pain, less anxiety, better communication, better relationships, more positive thoughts. Every area of your life.

Mindset – How?

- **BUT can change through physical and mental actions.**
- Physically – exercise, sleep, finding positives, deep breathing, meditation
- **Issue within your head so working on this will have the biggest positive impact (journaling or talking therapy)**

Where to find us



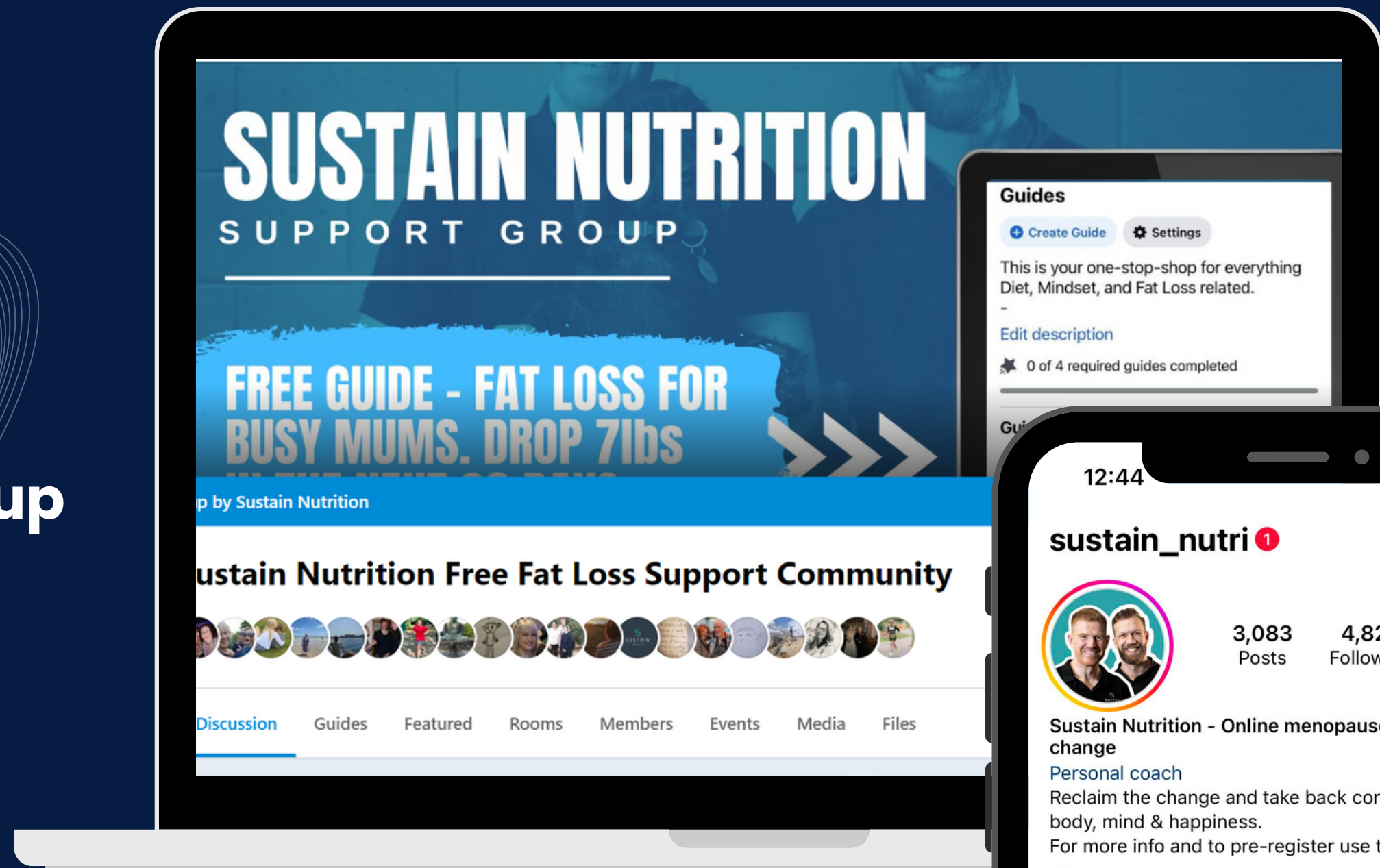
Sustain Nutrition
facebook.com/groups/sustainnation



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info@sustainnutrition.co.uk



The Menopause Weight Loss Solution is HERE!

The book is packed with everything you need to know about what's going on and how it's happening, but more importantly how to take back control and 'reclaim the change'.

You can literally start taking positive ACTION today by simply reading it



www.sustainnutrition.co.uk/menopause-solution-guide