

A woman with long brown hair, wearing a red sweater and dark pants, is sitting on a large, dark rock in the foreground. She is facing away from the camera, looking out across a calm body of water. The water reflects the light, creating a shimmering effect. In the background, there are dark, silhouetted mountains under a clear sky. The overall color palette is dominated by blues, greys, and the red of the woman's sweater.

YOUR SEVEN STEPS TO SURVIVING THE WOMEN'S MIDLIFE CRISIS

By Jean Macdonald



1

UNDERSTAND

At worst it may feel your world is falling apart and there is little to look forward to in your future. It is not just the peri-menopause but other changes happening in your life. Can you accept that you are going through a period of transition in your life? You will be fine when you reach the other side.

2

FEED YOUR BODY

Your body is taking all the stress and strain and needs extra help to stop that strain turning into pain. An ordinary diet is not enough. More sleep, more water and more nutrition. Even low-quality vitamins and supplements from a drugstore will help, if that is all you can afford.



3

LEARN TO SAY NO

Almost certainly you are doing too much for too many people. It is hard to start saying No when you usually say Yes. Start with one thing to stop doing and practice by saying No to the mirror.

4

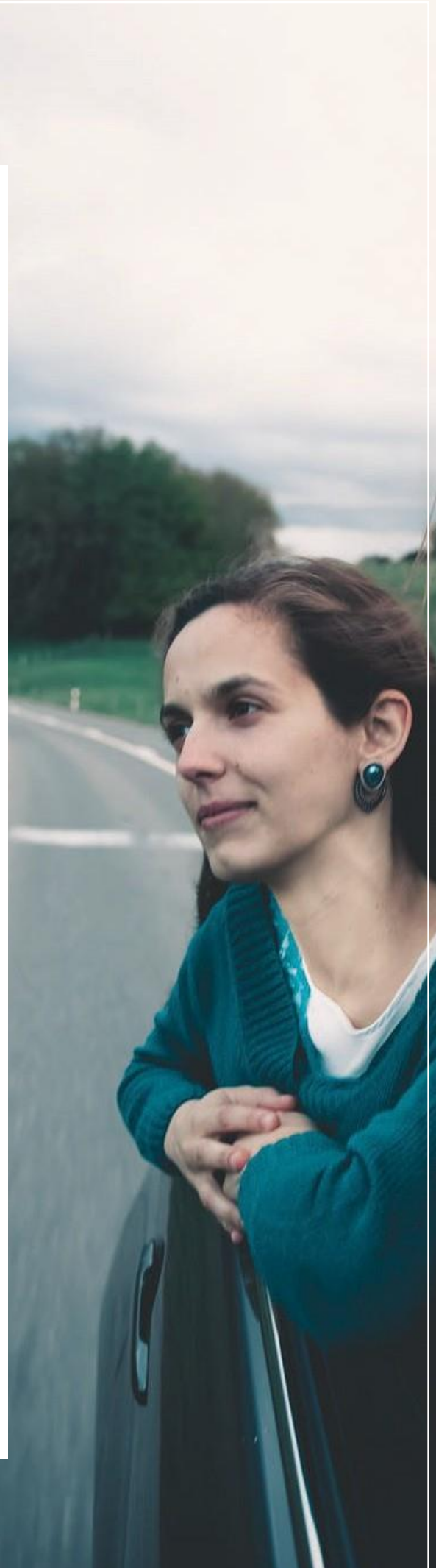
LEARN SOME SELF-CARE

At the very least, once a day, lock yourself in the bathroom with some nice music. Book yourself a weekly appointment with a therapist, trainer, yoga class or beautician. Whatever is most relaxing for you.

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REVIEW YOUR OPTIONS

Go to a coffee shop on your own. Write in a notebook or in your phone a list of things you could change in your life now, and in the future. Keep asking yourself the same questions, it may not all come at once.





6

MAKE A PLAN

Based on your options, work out a plan and timetable for making changes in your life. In a notebook or your phone, write down the things you want to happen to make life better for you. Collect some pictures of your dream lifestyle. Be optimistic and be careful who you tell about your plans.



7

FIND ALLIES

Get help and support from women who have been there too. Nearly all of us go through this midlife transition. It is not always a crisis, but it is usually disturbing and worrying. Ask other women how it was for them and how they got through it. Join a community of women who are willing to talk about the midlife issues they are having or have had.

Get more information and help from **Midlife Butterfly Club Community** <https://midlifebutterflyclub.org/>

Come and join us.

I look forward to welcoming you.

You can also write to me jean@midlifebutterflyclub.org



Love
Jean Macdonald



A handwritten signature in a teal or light blue ink. The signature is fluid and cursive, appearing to read "Jean".