

YOUR EMBERS®

*Guide to Restoring
Balance in Menopause*



EMBERS® ISN'T JUST A MODEL – IT'S A SPARK THAT
REMINDS YOU WHO YOU TRULY ARE.

YOU DON'T HAVE TO FACE MENOPAUSE ALONE



Menopause can feel confusing, overwhelming, and noisy. Social media, conflicting advice, and endless products can leave you unsure where to start.

The EMBERS® framework is designed to cut through that noise, offering small, consistent steps that help you restore balance, reclaim your energy, and reconnect with yourself.

Tip

Take one step at a time – progress doesn't have to be perfect.

Connect

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EMBERS®

Overview

Your Path to Balance: EMBERS® Essentials

E

Essentials

Restore balance and reclaim your energy
Simple daily habits that make a real difference

M

Mind & Mindset

Quiet the noise and lift your mood
Shift your thinking, calm overwhelm, and feel lighter.

B

Becoming

Reconnect with who you are
Rediscover your strengths, passions, and purpose

E

Emotional Fitness

Build resilience to face the tough days
Learn to handle stress, mood swings, and uncertainty.

R

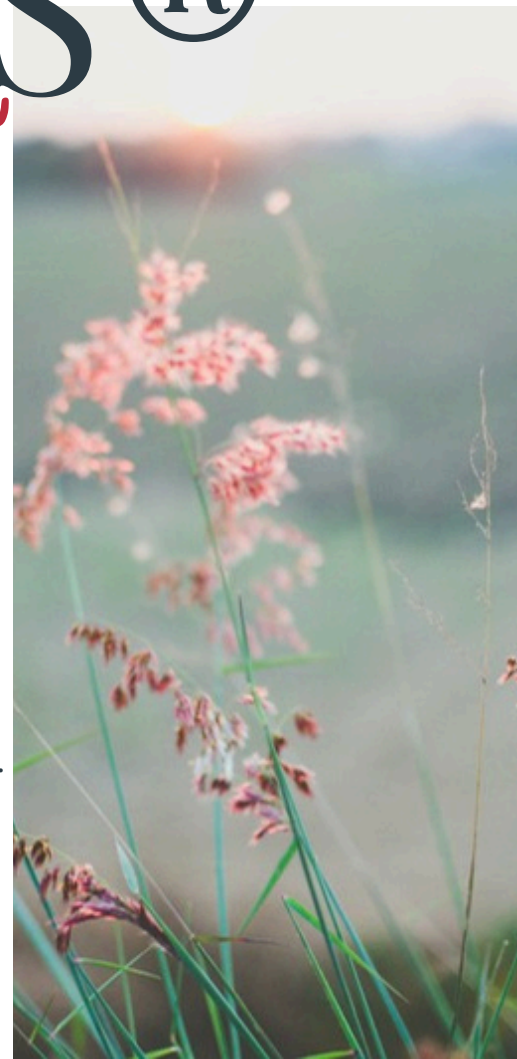
Relationships

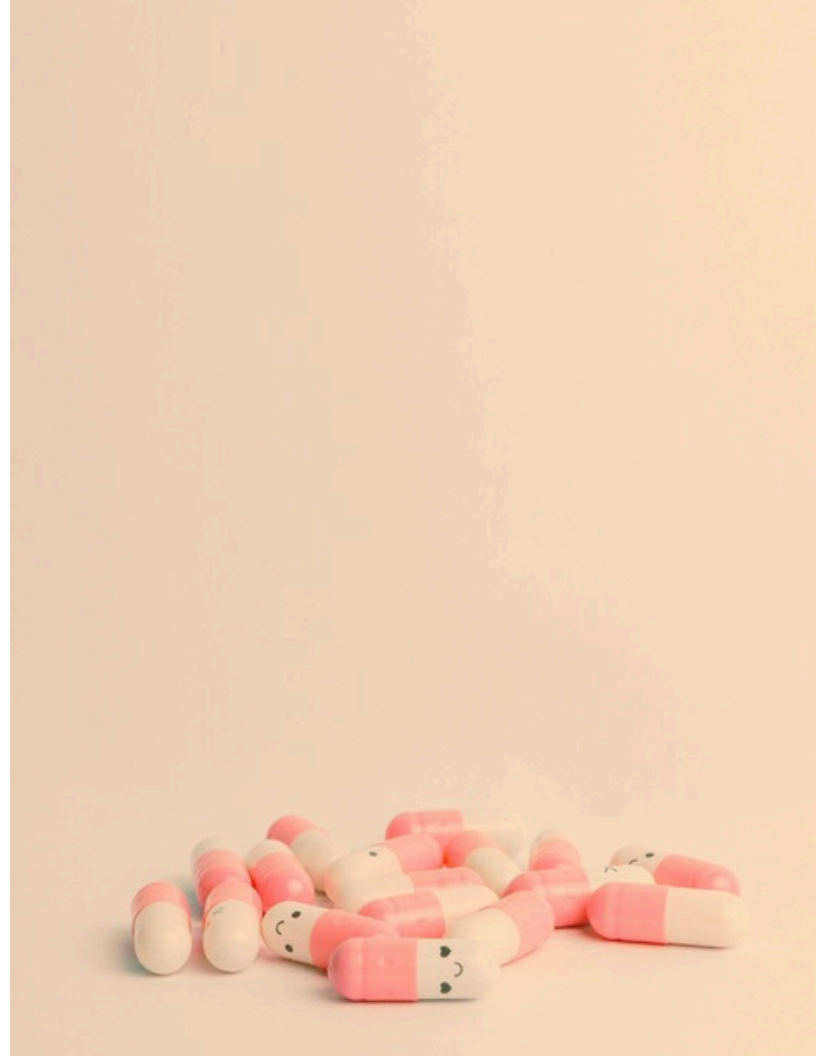
Strengthen the connections that matter most
Feel supported, understood, and connected.

S

Shape Up

Spark real, lasting change
Small consistent actions that transform your life.





CUTTING THROUGH THE NOISE

stop Confusing Yourself

You don't need another supplement, diet, or quick fix — or to add anything more to your already full to-do list. We know menopause can feel like just another thing to manage, and the last thing you need is extra pressure.

The truth is: small, consistent steps in the right areas make the biggest difference.

This guide is designed to help you cut through the noise, focus on what truly matters, and prioritize yourself without adding to your mental load, so you can feel grounded, supported, and confident.

*Mini
Exercise*

On the previous page circle one area in **EMBERS®** where you feel most overwhelmed. That's where we start.

SMALL CONSISTENT ACTIONS BY EMBERS® AREA

ESSENTIALS



- ☀️ Track one symptom or habit each day (sleep, energy, mood).
- ☀️ Drink more water or include one nutrient-rich meal daily.

Mini Action: Add one small restorative routine (stretch, short walk, or mindfulness) to your morning.

MIND & MINDSET



- ☀️ Write down one worry, then list one positive action you can take.
- ☀️ Practice 2 minutes of mindful breathing daily.

Mini Action: Replace one negative self-talk thought with a supportive one

BECOMING



- ☀️ Identify a hobby, passion, or goal you've set aside.
- ☀️ Spend 10–15 minutes exploring it this week.

Mini Action: Write down one way you want to feel or show up for yourself today.

EMOTIONAL FITNESS





- ☀️ Notice triggers for stress or mood dips.
- ☀️ Practice grounding or calming exercises (e.g., deep belly breathing).

Mini Action: List one coping strategy to use when tough days arise.

SMALL CONSISTENT ACTIONS BY EMBERS® AREA

RELATIONSHIPS





-  Reach out to someone who makes you feel supported.
-  Set one boundary that protects your energy.

Mini Action: Schedule a short catch-up or support call this week

SHAPE-UP



-  Pick one small habit from the list above to do consistently this week.
-  Track progress in a journal or checklist.

Mini Action: Celebrate wins, no matter how small.

REFLECTION PROMPT:



- 1. Which EMBERS® area feels easiest for you right now?**
- 2. Which one feels like it needs your attention this week?**
- 3. What small step can you take today that feels achievable?**

Taking a few minutes to reflect helps clarify priorities, reduce mental load, and celebrate wins, no matter how small.



Each spark counts. Even the tiniest step today builds momentum for tomorrow.



REFLECTION & NEXT STEPS

Notice What Works

Reflect weekly: Which small change lifted your mood or energy?

EMBERS® is about progress, not perfection.

Celebrate your wins, however small — each step is a spark toward your true self.

If you'd like guidance on building your personalised EMBERS® plan, coaching can help you create small, sustainable steps that work for your life and body.



“The session gave me the time and space to focus on one thing and explore it fully, to understand what I wanted to do and how I could help myself. The structure really supported that process, and Lynsey’s thoughtful questions helped me reflect and find a solution that felt right for me.”

THE BEST WAY TO GLOW
Tips to restore & GLOW

 MOVEMENT Focus on starting slowly & building muscle	 NUTRITION Focus on protein & Mediterranean diet	 SLEEP Focus on your morning & bedtime sleep routine	 CONNECTION Focus on your positive connections & self-compassion
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HOT FLUSH TIP
Take a moment and focus on slowing your breathing to a rate of 6 times/minute. Each breath at a rate of 5 secs IN and 5 Secs OUT through your nose.

RESTORATIVE BREATHING
This technique can also rest our system particularly during or following a hot flush or when we feel anxious or are experiencing poor sleep.

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SMALL CONSISTENT ACTIONS BY EMBERS[®] AREA

EMBERS actions I'd like to practice

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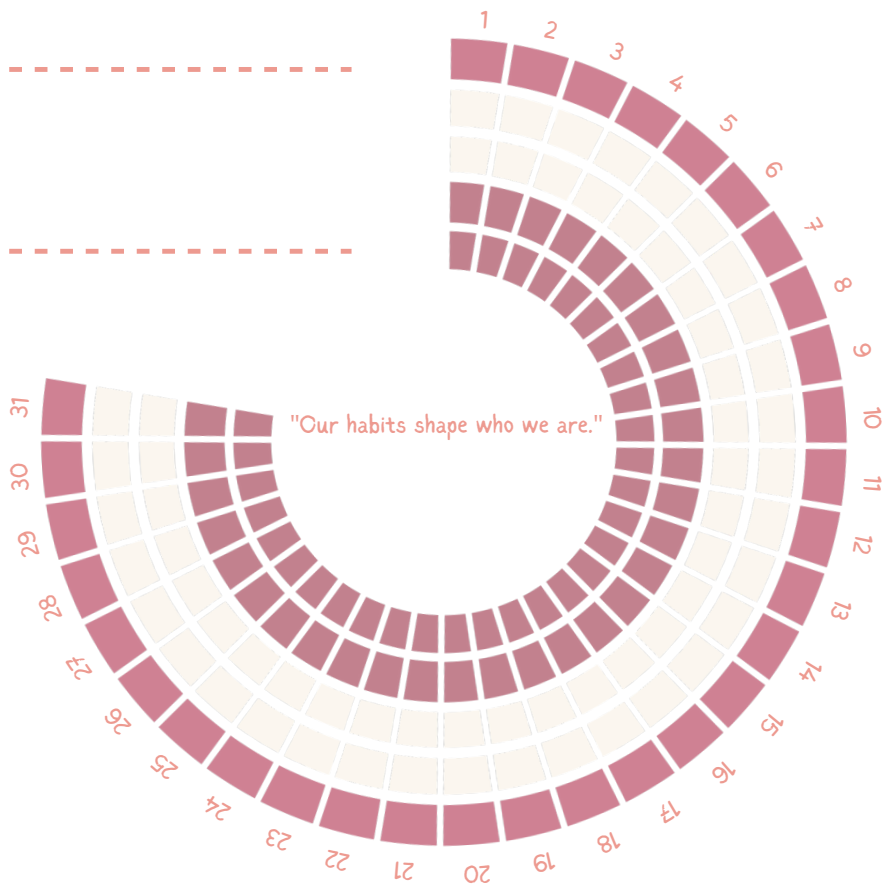
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Habit tracker



Keep this checklist visible — your spark grows with each tick!

*If you have any concerns always check with your health care professional to ensure you can take part.



You've got this — one step at a time

YOUR NEXT SPARK

Congratulations on taking the first step toward reclaiming your energy and balance. EMBERS® isn't about perfection or doing everything at once, it's about small, consistent actions that help you reconnect with yourself, lift your mood, and feel more in control.

Lynsey

CONTACT

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