



Menopause, Body Image & Confidence

Reclaiming Your Sense of Self in Midlife

Brought to you by Navigate Menopause

The Changing Body

Weight gain, softer skin, changing curves — it's all part of the transition. You're not doing anything wrong. Your body is adapting to new hormonal rhythms.





Release Unrealistic Standards

Embrace Your Authentic Self

The "perfect body" doesn't exist — but strength, wisdom, and radiance do. You are not less than. You are becoming more *you*.

Daily Affirmation

Try This Prompt:

"Help me feel kinder toward my changing body."

Focus on What Feels Good



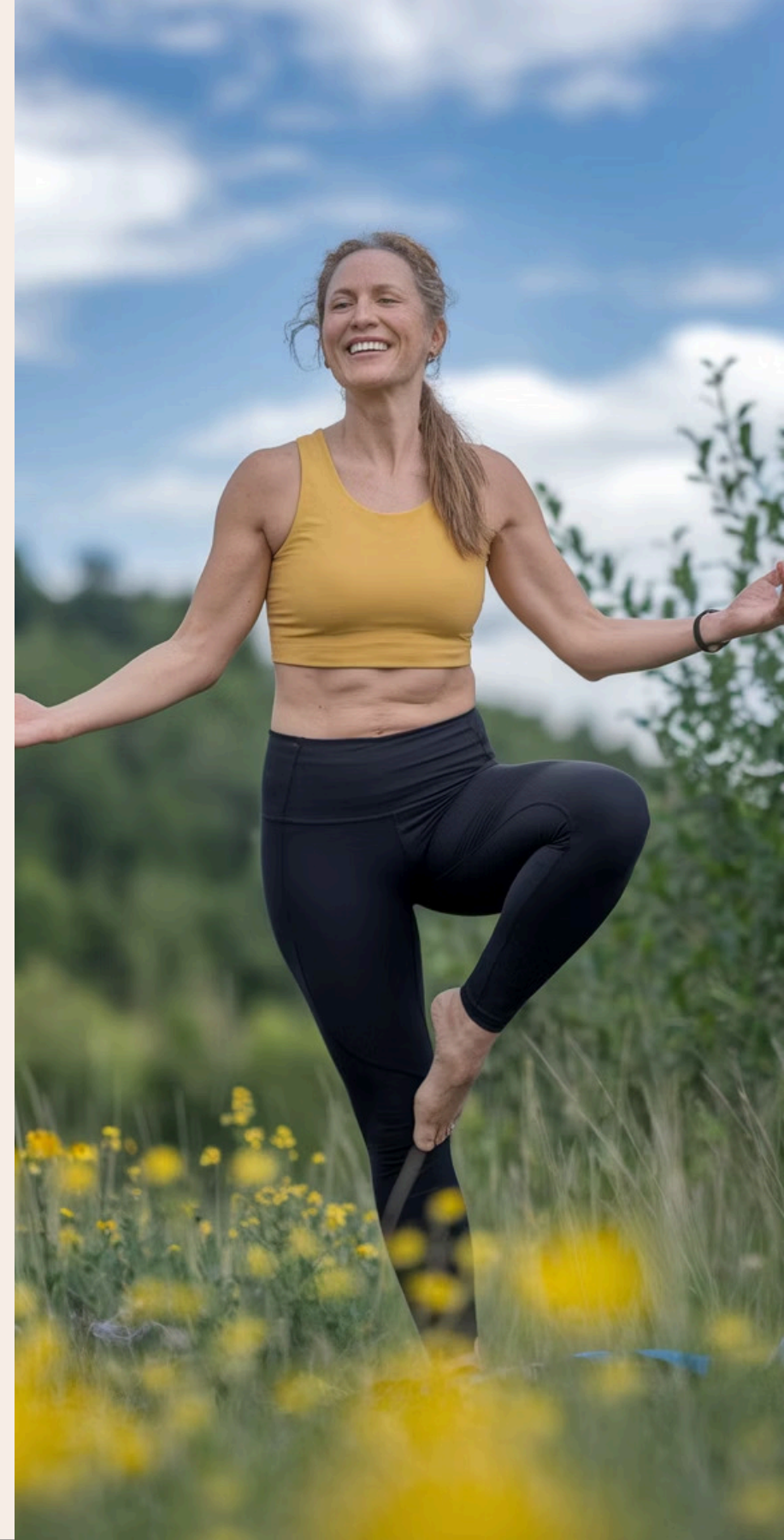
Dress for comfort and joy, not size tags



Move your body in ways that energise you



Nourish with foods that support strength and balance





Care Routines That Empower

Moisturise with intention

Make self-care a ritual of appreciation for your body

Practice mirror affirmations

Speak kindly to yourself when you see your reflection

Explore new styles or routines that reflect *you today*

Embrace the current version of yourself authentically

Unlearning the Shame

1

Recognize societal messaging

If you've been taught that aging is something to hide — that's not your fault.

2

Reclaim your narrative

Your story belongs to you, not to cultural expectations

3

Embrace your validity

Your presence, your experience, your body — all valid.

Ask Navigate Menopause:

"How do I deal with feeling invisible?"

Celebrate Your Midlife Power



Make a list of what your body has *done for you*



Honour milestones, not measurements



Know this: you are desirable, radiant, and whole



Social Media Detox?



Try Navigate Menopause Free

SMS

Boost Confidence

"Give me a confidence-boosting affirmation."



Reframe Perspective

"Help me reframe how I see my body."



Feel Good

"I want to feel good in my skin — where do I start?"

Ready to shift your self-talk?

Navigate
Menopause

Remember,
you're not
alone on
this journey.