



The Self-Compassion Toolkit for Midlife

How to Be Kinder to Yourself Through Change

Brought to you by Navigate Menopause

Why Self-Compassion Now?

You may feel tired, moody, scattered, or unlike yourself.

It's easy to be hard on yourself.

But this is the exact moment to lean into care, not criticism.





What Is Self-Compassion?



**Speaking to yourself
like a friend**



**Acknowledging your
struggle without
judgment**



Choosing support over shame

Ask Navigate Menopause:

"I'm being hard on myself — help me soften."



Create Your Compassion Script



This is hard, and I'm doing my best.



I'm allowed to rest.



I am still worthy, no matter how I feel.



When the Inner Critic Gets Loud

Your inner critic may say:

- You're not handling this well.
- You're falling apart.

Try replying with:

- I'm adjusting to something big.
- My body is doing the best it can.



Self-Kindness in Practice



**Take breaks
when you need to**



**Treat your body
gently**

lotion, tea, a warm
bath



**Surround
yourself with
softness**

music, fabric, light



**Let go of
'shoulds' when
possible**

Celebrate Micro-Wins

Got out of bed today?



Spoke kindly to yourself once?



Drank enough water?

That's a win. Small things matter — they build your self-trust.



Anchor into Community

You are not meant to go through this alone.

- **Join a supportive online group**

- **Text a friend who understands**

- **Share your experience openly if/when you're ready**

Try Navigate Menopause Free

Need a moment of softness? Try asking for support like this:



Say something gentle to me.



Remind me I'm not broken.



Help me breathe through this frustration.

A smartphone is shown vertically, displaying the 'Navigate Menopause' app interface. The screen has a light beige background with a soft pink cloud-like shape at the top. The app title 'Navigate Menopause' is in a bold, black, sans-serif font. Below it, a larger, bold, black, sans-serif quote reads: 'Remember, you're not alone on this journey.' The phone is set against a colorful, stylized background of pink daisies, green foliage, and a light blue sky with soft clouds.

**Navigate
Menopause**

**Remember,
you're not
alone on
this journey.**