



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



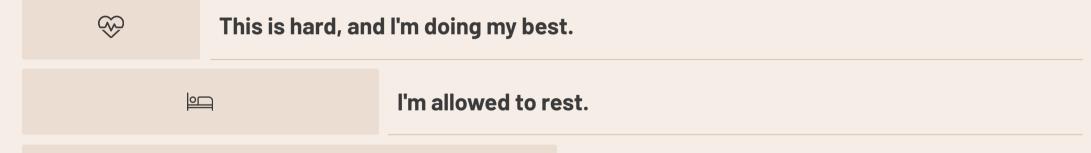
Choosing support over shame

Ask Navigate Menopause:

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



Create Your Compassion Script



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



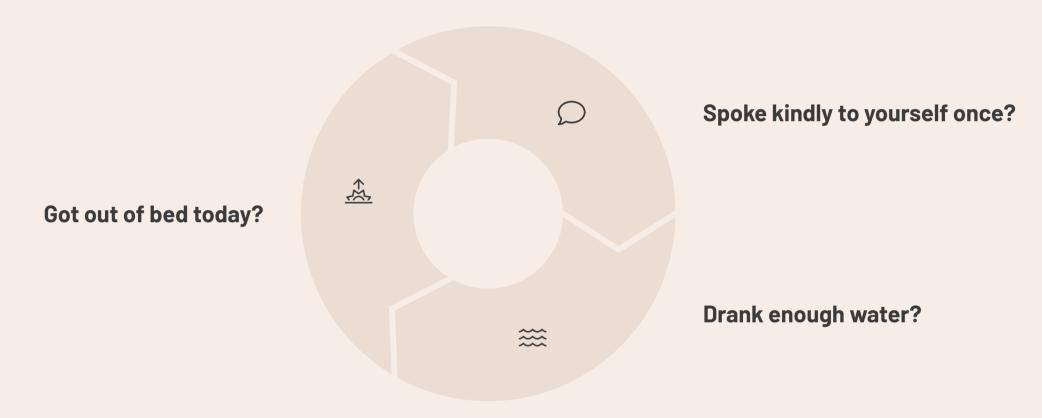
Surround yourself with softness

music, fabric, light



Let go of 'shoulds' when possible

Celebrate Micro-Wins



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.

