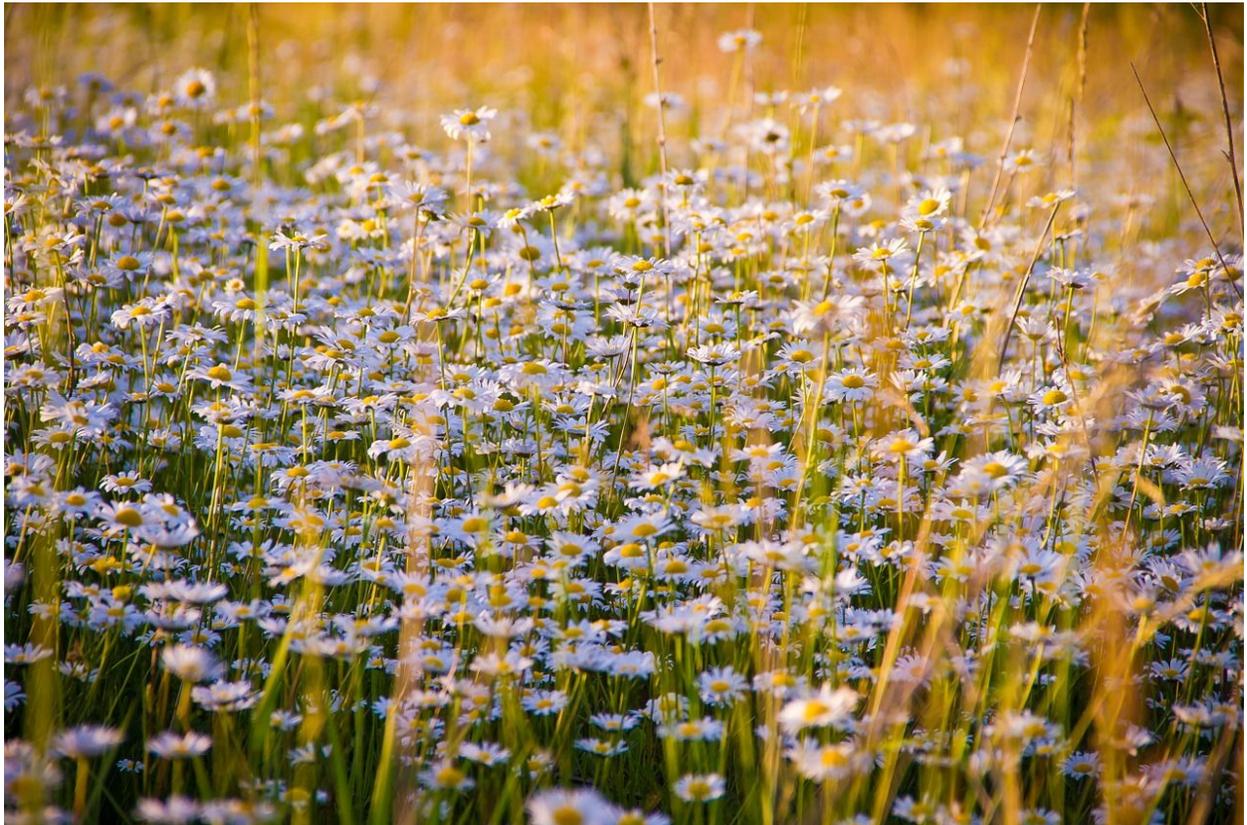


# Menopause Naturally

*A 12 week Programme*

*Supporting You through Menopausal symptoms using Natural remedies and*



**Diane Campbell**

2017

# Contents

Welcome

Evaluation

Wheel of Life

Evaluation worksheet

Ayurveda -Doshas

Relaxation

## Welcome

Click here for a short welcome video

<https://youtu.be/OkICwCY2QTs>

# Evaluate



# Evaluation

During this module you will take the time to look at your current lifestyle without being overly critical but with loving kindness and evaluate life as it stands right now.

So without judgement the first step is to be the observer and this can be done through journaling. Start Keeping a diary or journal and note in it the everyday things that you do. Notice things like how much time is spent doing things for others. Notice what brings you joy, maybe it's walking your dog or a quiet soak in a candlelight bath.

Don't worry If you're not used to writing a journal, it doesn't have to be a literary great, it's simply a way of recording the details so that you have a reference. You can do this as simply as you like or use your artistic flare to make it colourful with coloured pens and pictures.

I've found that it's a great way of recording how you feel and working out what inspires and what brings about negative emotions.

## Where to Start

### **Make a note of things like.....**

How well you've slept and how easy you wake each morning and whether you wake refreshed

Any emotions or thoughts that surface (without judgement)

Your daily routines- when you eat, what you eat, exercise, what tasks you perform.

What you do to Nurture yourself.

You can also include a Gratitude diary which is a wonderful way to keep energies vibrant especially when you're feeling low.

It can be a list of 5 or maybe 10 things you're grateful for each day however small or insignificant you feel it may be. These can be as simple as gratitude for a comfy bed or a tasty meal.

**Remember one of the Yogic guidelines to be "kind to yourself"**

# Wheel of Life

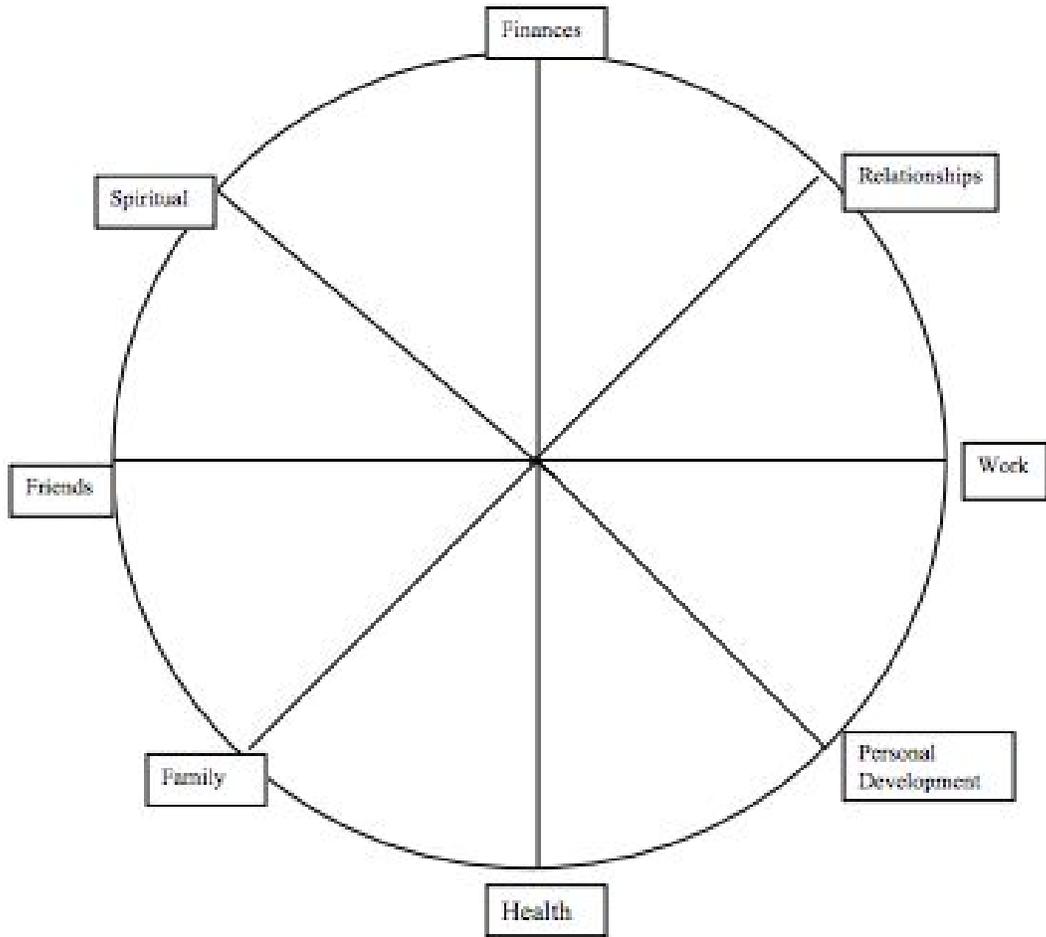
This exercise gives you an overview of different areas of your life and enables you to recognise which areas need your attention.

## How it Works

The circle is dissected by lines each relating to an area of life eg. Health, Work, Relationships, financial etc. Imagine each line has a scale of 1-10 from outside edge to the centre of the circle. Mark each line where you think this area rates in your life right now eg. If you were struggling financially right now you might rate this a 2 or 3. Whereas you may be blessed with extremely supportive friends in abundance so this may score 8, 9 or 10.

You will quickly see a pattern forming and the areas where you are least happy will stand out. You may already know which areas you were struggling or unhappy with but this makes it glaringly obvious. Once you've established this you are able to put plans into motion to change the things you want to change.

# Wheel of Life



Name:

Date:

Menopause Naturally

## Evaluation Worksheet

Using some of the headings from the Wheel of Life exercise use this worksheet to make a note of your observations from this exercise eg. If you have some clarity around an area of your life you can list them here or maybe make a note of a way you can improve a situation in this area.

If you need more space perhaps you can write in your diary/journal or use an additional sheet of paper. Change the headings where appropriate.

**Evaluation Worksheet M1**

<b>Finances</b>	<b>Relationships</b>	<b>Work</b>	<b>Health</b>	<b>Spiritual</b>

# Ayurveda (Dosha Questionnaire)

This comes from the ancient Indian healing art of Ayurveda which is the science behind Yoga it has a similar theory to the Yin & Yang of Chinese medicine. Each of the three Doshas Vata, Pitta, Kapha has specific characteristics that can be evident in our personality as well as physically.

Each Dosha can be prone to particular symptoms and illness when imbalances occur eg. Vata Dosha is prone to arthritis. Knowing your Dosha constitution can help you to anticipate and recognise imbalance and enables you to compensate by taking simple steps to rebalance, reduce or release the symptom.

Complete the Dosha questionnaire and make a note of your Dosha constitution. You will have all 3 doshas Vata, Pitta & Kapha but in differing amounts.

## Discover Your constitution (Prakriti)

A simple questionnaire to help you to identify your Innate constitution according to the ancient Indian science of Ayurveda. Knowing how your personality and physical body deals with everyday interactions can help reduce the any symptoms or emotions that .

## Determining your Prakruti, Your Innate Constitution (Dosha)

<b>Morphology &amp; Metabolism</b>	<b>Vata</b> Air and Space	<b>Pitta</b> Fire and Water	<b>Kapha</b> Earth and Water
Shape of Head	Long & oval	Mid sized & angular	Rounded
Eyes	Small, oval and elongated, almond shaped, quick moving	Mid sized, angular like cats eyes, intense	Large, rounded, liquid and soft
Nose	Long, may be asymmetrical	Shorter, sharper	Rounded, broader
Mouth	Thin lips, tendency to be dry	Medium sized, soft, brighter red	Large, rounded, full
Tongue	Thin, sits between teeth	Medium sized, angular tip	Large, broad
Shape of hand	Oblong	Angled	Square
Joints	Very evident	Medium sized	Rounded, little definition
Appetite	Irregular, can miss meals easily	Strong and cannot miss meals	Constant and generally poor
Bowel movements	Tends towards dryness, hard, small pieces, gas	Tends towards looseness & burning	Moderate and solid
<b>Psychology</b>	<b>Vata</b>	<b>Pitta</b>	<b>Kapha</b>
Speech	Talkative, fast, talks in several directions at once, airy responses	Commanding & Moderate, Precise answers	Slow & resonate, Cautious but thorough answers

Memory	Quickly grasps & quickly learns	Sharp & Clear	Slow to learn but never forgets
Dreams	Flying types & anxious	Colourful & confrontational	Few & often romantic
Tends towards	Nervousness & Anxiety	Irritability & Impatience	Easy going & can be attached
Routine	Dislikes routine	Can follow routine efficiently if makes sense	Feels happy to follow a routine
Motivations in Life	Will do something just because, no reason necessary can be for curiosity only	There is always a reason behind an action, if there is no direction anguish follows	Will spend time planning and do things more slowly and cautiously
Main Aim in Life	To Experience, wants change & freedom	To achieve a goal or recognition, wants to understand	To gain comfort or security
Add up total:			

## Relaxation

Make time in your schedule to do something for yourself to help you to relax and recharge. It doesn't have to be anything big or expensive, it could be an hour out of your day in the sunshine in the garden or a walk in a park or at a beach.