

Ninja Menopause Mindset Trick

Managing stress is key to managing symptoms like hot flushes, night sweats, anxiety, brain fog and disrupted sleep.

You can't avoid stress in the 21st century but what you can do is learn how to manage it.

The simplest short term technique to managing certain types of stress and stop a hot flush, reduce anxiety or calm a racing mind in the middle of the night is to breathe.

Yes that's right breathe!

In through the nose and out through the month.

Four to six deep even belly breaths can be enough to switch off your stress response and switch on your parasympathetic nervous system. You'll start to cool down, calm down and regain control.

Yes it really is that simple.

Test me on this – next you have a hot flush, can't sleep or feel tearful try it.

In through the nose and out through the mouth. Up to 6 times.

Let me know how you get on.