



Harley Street at Home

MENOPAUSE

Reframing Your Thinking

- Constantly visualise yourself as you want to be, most importantly how you want to feel about yourself, e.g. peaceful and content with your body.
- Use allowing rather than resistant language, e.g. "I am an adult and make all my own choices. I can eat chocolate all day if I like but in this moment I choose not to".
- Put your own needs first.
- Change the pictures that you create in your mind and the words that you say to yourself, e.g. my custard creams becoming lumps of lard!
- Remember that every thought you think has a physical impact on your body; every cell is absorbing your thoughts and listening to your words.
- Leftovers are for the fridge, the freezer or the composter. You are not a fridge, a freezer or a composter so they do not go in you!
- Keep your mind focused on what you are aiming for and away from what you don't want - "I am...I can...I will...I do...I look...I feel...".
- You will always have another day to eat chocolate, cake, biscuits, sweets, ice cream, pizza, chips, crisps, hot cross buns...
- Remember the power of the word enough. When you believe that you are not enough you will always want more. When you know you are enough you don't want more.