

# HOW DOES MENOPAUSE COACHING HELP?

## *Mood Swings & Irritability*

Helps you pause and choose how to react, catching those thoughts before they make you upset.

## *Anxiety & Worry*

Teaches you to stop overthinking and use simple tools to stay calm.

## *Sleep Problems & Insomnia*

Teaches you how to fix sleep habits and quiets your mind so you can rest better.

## *Hot Flashes & Night Sweats*

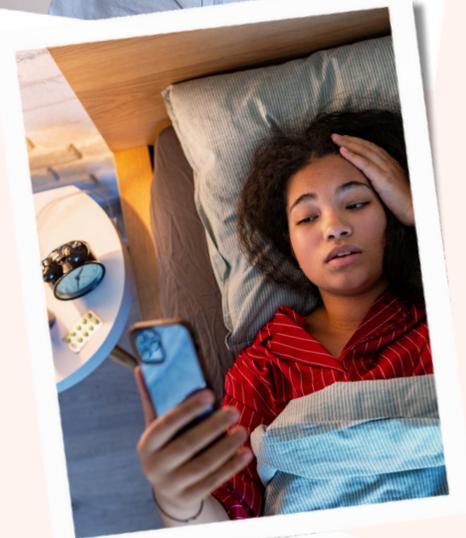
Teaches you how to stop and think, so you stay cool and calm.

## *Low Self-Esteem & Body Image*

Teaches you to be kinder to yourself and boosts your confidence, like supporting a good friend.

## *Brain Fog & Concentration Issues*

Teaches you how to stay organized and focused, making brain fog less bothersome.



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