



# Symptoms to Solutions Map

You deserve to feel supported: body, mind, and soul.

Midlife can bring a mix of surprises (some delightful, some... **less so**). This guide helps you connect the dots between what you're feeling and what actually helps, so you can respond with calm, confidence, and a plan.

Think of it as your personal toolkit in map form: a way to move from **symptom** to **solution** with practical, gentle, and evidence-based strategies you can use right away.

## How to Use This Map

1. Find what symptom you're experiencing (this is not an exhaustive list!).  
Look through the list of common symptoms or challenges.
2. Identify your go-to solutions.  
Choose the ones that feel doable and aligned with your energy right now.
3. Experiment don't pressure yourself.  
Small shifts often create big relief over time. This isn't about perfection; it's about tuning into what works best for **you**.

Common Challenge	Helpful Tools & Techniques
Hot Flashes / Night Sweats	Cooling breathwork (in through the nose, out through mouth) • Light cotton layers • Cooling sprays • Hypnotherapy for temperature regulation • Reduce caffeine/alcohol in evenings.
Anxiety / Racing Thoughts	Grounding breath (4-4-4) • Self-hypnosis anchor • Journaling for reassurance • Gentle movement • Body scan meditation.
Fatigue / Low Energy	Power naps or rest resets • Blood sugar balancing snacks • Gentle morning light exposure • 10-minute guided energising hypnosis • Prioritising rest without guilt.
Brain Fog / Forgetfulness	Mindfulness pause practice • One-thing-at-a-time approach • Daily hydration goal • NLP focus reset audio.



<b>Sleep Issues / Night Waking</b>	Pre-bed wind-down ritual • ‘Hypnotherapy Sleep audio • Mind-dump journaling • No screens 60 minutes before bed • Cooling pillow or lavender mist.
<b>Low Mood / Flatness</b>	Gratitude journaling • Walk outdoors daily • Hypnosis for self-worth • Play uplifting music • Connect with a friend
<b>Weight or Body Changes</b>	Gentle strength training • Hypnotherapy for body confidence and mindful eating • Kind self-talk • Focus on nourishment, not restriction
<b>Irritability / Mood Swings</b>	Deep belly breathing • Pause practice before reacting • Movement to release tension • Self-compassion journaling.
<b>Overwhelm / Emotional Flooding</b>	Box breathing • Hypnosis for calm • Reduce input (phone, news, noise) • Delegate where possible • Sensory grounding hypnotherapy resets.

### **A Gentle Reminder**

This map focuses on mindset and practical self-care tools.

I haven't included advice around supplements or nutrition, that's best guided by a qualified nutritionist who can tailor recommendations to your body's needs.

The same goes for movement and exercise. There are many brilliant trainers who specialise in midlife fitness and can help you build strength and confidence for this next chapter.

These changes are simply information.

When you respond with small, consistent care, the kind that truly fits your life, balance becomes your new normal.

*Healing begins when you meet your symptoms with  
curiosity, not frustration.*

**+64 27 318 3600 | [hello@transformingmidlife.com](mailto:hello@transformingmidlife.com)  
[transformingmidlife.com](https://transformingmidlife.com)**