



3 Ways To Claim Back Your Motivation



Intentions: Every morning, write down your intentions for the day in paragraph form. Sign and date the piece of paper. I have included an example and a blank document to do this on pages 2-3



Lower Your Cortisol: Our cortisol levels are the highest in the morning so do everything you can to lower these first thing. I have included affective ways to do this on page 4 & 5



“I Want to” Not Have to!: When we say we have to, it automatically feels like a chore. Change this to **“I want to”**, and you will be amazed at the shift in your motivation, see page 2



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Intentions Example

Today, I want have a warm glass of water with lemon, a high-protein, low-carb breakfast, and [2 x Vibrancy Blend](#).
See page 4

I want to do five minutes of stretches and go for a brisk 20-minute walk first thing.

I want to make my bed and have a quick tidy of the house before work.

I want to switch off my phone while I work, prioritise my workload into urgent and non-urgent tasks, and reframe my mindset from "I have to" to **"I want to."**

I want to have a high-protein lunch, drink a large glass of water, and take another 20-minute walk. See page 4

I want to have a healthy afternoon snack and another large glass of water.

I want to finish work and do three sets of weights before a high-protein dinner.

I want to switch off my phone in the evening to give quality time to those I love. Mel 03/02 x



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My Intentions

A large, empty white rectangular area with rounded corners, intended for writing intentions. It is framed by a dark blue border.



How to Lower Cortisol



Walking: Such a simple, yet affective exercise. Do at least 20 minutes



Supplements/Diet: Vibrancy Blend containing Ashwagandha may reduce cortisol levels by decreasing the activity of the hypothalamic-pituitary-adrenal (HPA) axis, which regulates the body's stress response.

Eat a diet rich in protein, healthy fats and low in carbs



“I Want to” Not Have to!: When you write your task list for the day, write **“I want to”** in front of each task. Start to take note if you feel better about the tasks. If you continually feel unmotivated, it may be time to rethink the tasks or seek support.



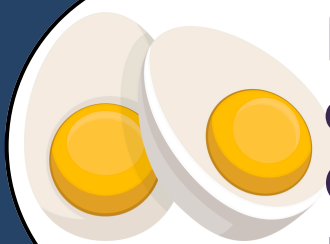
Sleep: Good sleep hygiene will make a big difference to your cortisol levels. Try to get 6- 8 hrs with no technology in the bedroom or 1hr before bed.



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High Protein, Low Carb & Healthy Fats Food Examples To Lower Cortisol

High Protein



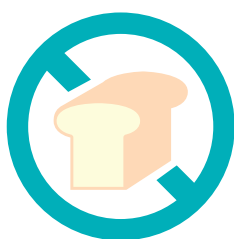
Eggs, chicken, fish, lean meats, protein powder, chia, hemp or pumpkin seeds, tofu, chickpeas, Greek yogurt, quinoa, green peas, seitan, tempeh, edamame & nuts

Healthy Fats



Olive oil, avocados, nuts (almonds, cashews, macadamia) Seeds (pumpkin, sesame) Fatty fish (salmon, mackerel, sardines)

Low Carbs



Eggs, chicken, fish, lean meats, cheese, double cream, leafy greens, broccoli, cauliflower, avocado. Tofu, tempeh, hemp seeds, chia seeds, flaxseeds & olives



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I hope you found this useful, if you have any questions, please feel free to contact me.

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