



Menopause Management

Essentials Package

INSTRUCTIONS

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MENOPAUSE MANAGEMENT ESSENTIALS PACK

Welcome to this life-changing journey with Clear Minds Hypnotherapy.

The Menopause Management Essentials package is designed to support you through the menopausal change.

You can now embrace this moment with additional help for stress relief, managing menopausal symptoms as well as boosting your mood and energy.

There are hypnotherapy sessions and a guided meditation included.

Listen to the sessions in the correct order to ensure you get the best results from this four week program.

You can create your own personalised plan after WEEK 4 and listen to your favourite or most helpful sessions.

This is your personal journey, best of luck!

Menopause Management Sessions & Weekly Plan

There are two hypnotherapy sessions to listen to each week.

Listen to SESSION 1 - MENOPAUSE MANAGEMENT for the first three days (e.g. Monday - Wednesday).

Listen to Session 2 in the last four days of the week (e.g. Thursday - Sunday).

Listen to Melt To Sleep when you go to sleep if you need to. There is no count-up at the end, so you will stay in a rested slumber to help regulate your sleeping pattern.

Listen to the Positive Morning guided meditation shortly after you wake up in the morning.

From WEEK 4 onwards you can choose your own preferred sessions to listen to and make a personalised plan that suits you.

WEEKLY PLAN	SESSION 1 Listen every week for the 1st 3 days	SESSION 2 Listen on days 4-7 each week	LISTEN AT NIGHT TO GO TO SLEEP If applies	GUIDED MEDITATION
WEEK 1	MENOPAUSE MANAGEMENT	STRESS REDUCTION	MELT TO SLEEP	POSITIVE MORNING
WEEK 2	MENOPAUSE MANAGEMENT	MIND & BODY ALIGNMENT	MELT TO SLEEP	POSITIVE MORNING
WEEK 3	MENOPAUSE MANAGEMENT	INCREASE LIBIDO	MELT TO SLEEP	POSITIVE MORNING
WEEK 4	MENOPAUSE MANAGEMENT	INCREASE BRAIN POWER	MELT TO SLEEP	POSITIVE MORNING

It is important to remember when listening to hypnotherapy

These guidelines will help you get the best from listening to the hypnotherapy sessions:

Never use our sessions when you are driving, operating machinery or could be in danger should you fall asleep.

Do not use hypnotherapy if you suffer from epilepsy.

Do not consume caffeine and /or don't exercise for up to 2 or 3 hours before using the hypnotherapy sessions.

Use the bathroom before relaxing to listen to the sessions.

You may fall asleep during the hypnotherapy sessions as they work on your subconscious mind. In other cases, you may just feel relaxed.

It's preferable to listen to the hypnotherapy sessions in the evening or at night before bed as you'll be more susceptible to the cues of relaxation. This will depend on your schedule.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Find a quiet and comfortable spot to lie down, like on the sofa or bed. You can also sit upright with your head supported if you want.

Make sure you will not get distracted during the session- kids are in bed, television and radio are off; windows are shut. Switch your phone on flight mode or silent. Prepare yourself fully to avoid being disturbed when you're ready to start.

Use headphones (earphones, headsets or AirPods) for a better surround sound and listening experience. These will also help to minimise distractions from background noise.

Wear comfortable clothing - nothing tight or itchy! Choose loose-fitting and light clothes.

Make sure you focus on one topic at a time. Repeat each session for a few consecutive days to a week in order to get the best results.

Try not to listen to more than two hypnotherapy sessions a day plus one guided meditation.



If you want more resources to help you live your best life, check out our website or follow us on Facebook.

Website:

www.clearmindshypnotherapy.com

Facebook: Clear Minds Hypnotherapy

You can contact us via email at info@clearmindshypnotherapy.com or on Facebook Messenger or Instagram

The Clear Minds Hypnotherapy Team

