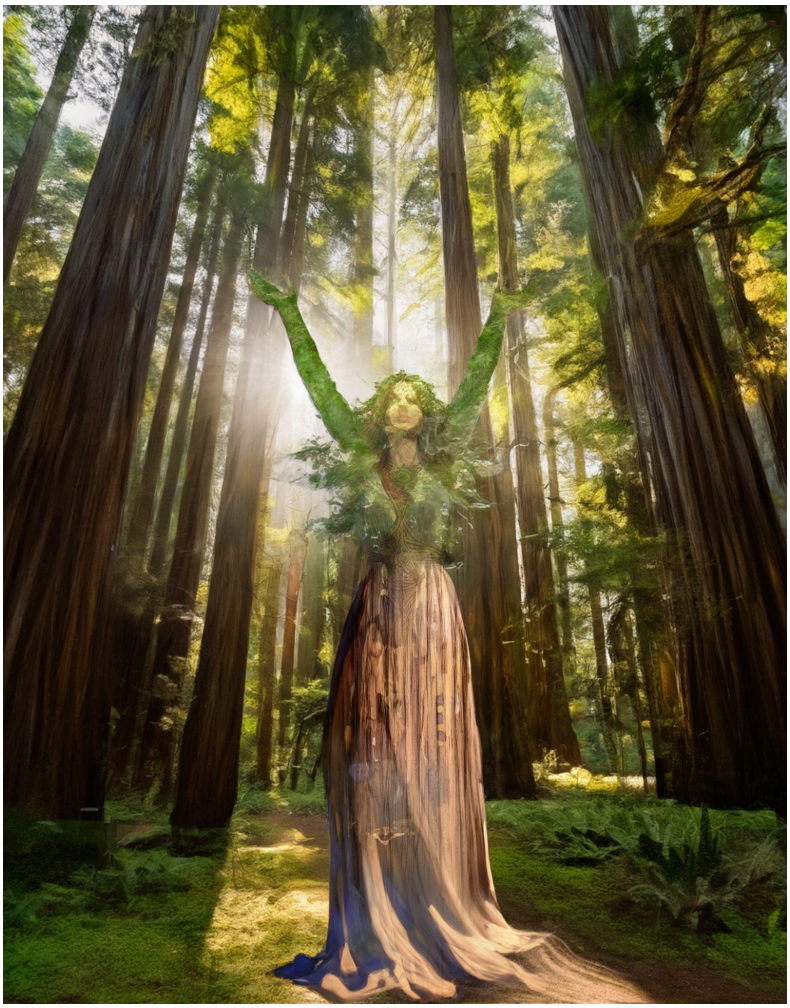
TLC Resource Guide

Midlife & Hormonal Wellness

Feel More Like Yourself Again.

A Whole-Person Guide to Understanding Hormonal Changes, Midlife Transitions, and Caring for Your Whole Self.



Welcome

There comes a season in many people's lives when things begin to feel different. Perhaps you're sleeping less well than you used to. Maybe your emotions seem closer to the surface.

Perhaps you're experiencing hot flashes, fatigue, brain fog, changes in libido, or a body that no longer responds the way it once did.

You may even find yourself wondering,

"What happened to me?"

For many people, these changes arrive gradually. Others feel like they happened almost overnight. Whatever your experience, we want you to know this:

You're not imagining it.

Your body is moving through a significant transition, and you deserve to understand what's happening rather than simply being told to live with it. We believe understanding these changes can replace confusion with confidence and open the door to meaningful support.

I Feel...

You may recognize yourself in some of these experiences:

☐ I don't feel like myself anymore.

☐ I'm more emotional or irritable than I used to be.

☐ I'm exhausted, even when I get enough sleep.

☐ I have trouble falling or staying asleep.

☐ I experience brain fog or forgetfulness.

☐ My body has changed in ways I didn't expect.

☐ My confidence isn't what it used to be.

☐ My libido has changed.

☐ I feel anxious or overwhelmed more often.

☐ My mood seems unpredictable.

☐ I feel like no one understands what I'm experiencing.

☐ I've wondered if I'm "going crazy."

☐ I feel frustrated that my old routines no longer seem to work.

If any of these feel familiar, you are not alone.

Many people experience similar changes during midlife, even though we don't often talk about them openly.

🌿 Pause & Notice

What changes have you noticed in yourself over the past few years?

Which ones have been the most surprising?

What's Happening?

Hormones influence far more than reproduction.

They help regulate:

- sleep
- mood
- energy
- metabolism
- memory
- body temperature
- sexual health
- bone health
- emotional resilience

As hormone levels naturally shift during midlife, many people notice changes in both their bodies and their emotional wellbeing.

These changes can affect how you feel physically, mentally, and emotionally.

At the same time, midlife often brings other significant life transitions:

- children becoming independent
- caring for aging parents
- career changes
- retirement planning
- relationship changes
- changing priorities
- shifting identity

It's no wonder many people feel overwhelmed. These experiences aren't signs that you're failing. They're signs that your body (and often your life) is moving through a major transition.

What We Want You to Know

Our providers shared several messages they hope every client understands.

You don't have to simply suffer through these symptoms.

Many people assume they just have to "live with it." While hormonal changes are a natural part of life, there are often many ways to support your health and improve your quality of life.

You are not alone, and you're not "crazy."

Many clients describe feeling misunderstood or dismissed when trying to explain their symptoms. Your experiences are real, and they deserve to be taken seriously.

There are many supportive options.

Medication may help some people.

Others benefit from hormone replacement therapy, nutrition, movement, sleep support, counseling, stress reduction, or a combination of approaches.

Healing is rarely one-size-fits-all.

It's okay to grieve who you used to be.

One of our providers shared this reflection:

> *"Our bodies are impermanent, and change is one of the few constants we all share. Rather than constantly chasing who we used to be, there can be room to grieve that version of ourselves while also learning to care for the body we have today."*

You don't have to choose between acceptance and hope. Both can exist together.

What Healing Often Looks Like

Healing doesn't always mean returning to the body you had ten or twenty years ago. Sometimes it means discovering a new relationship with the body you have today.

You might notice...

When midlife changes feel overwhelming...	**As healing begins to unfold...**
You constantly compare yourself to who you used to be.	You begin appreciating your body for what it can do today.
You feel frustrated by unfamiliar symptoms.	You gain a better understanding of what's happening in your body.
You feel dismissed or misunderstood.	You begin feeling heard, validated, and supported.
Sleep feels impossible.	Rest gradually becomes more restorative.
Your emotions feel unpredictable.	You develop greater confidence in navigating emotional changes.
You feel disconnected from yourself.	You begin feeling more like yourself again, even if that "self" is evolving.
Change feels frightening.	You begin seeing this season as an opportunity for growth as well as transition.

🌿 Pause & Notice

Looking back over the past year...

Have there been any moments when you've treated yourself with a little more patience?

Have you learned anything new about what your body needs?

Those small moments matter. Healing often begins with understanding rather than fighting ourselves.

A Gentle Reminder

Our bodies are always changing.

They have changed since childhood.

They changed through adolescence.

They changed through adulthood.

Midlife is simply another chapter in that lifelong story.

Rather than trying to stop change, we can learn to care for ourselves with greater wisdom and compassion as it unfolds.

What Helps?

There is no single path through midlife. Many people benefit from combining several supportive approaches.

🩺 Medical Evaluation

Understanding what's happening often begins with good information.

Hormone evaluations, laboratory testing, and conversations with knowledgeable healthcare providers can help identify appropriate treatment options.

🌸 Hormonal Support

Depending on your needs, hormone replacement therapy, hormone pellets, or other medical treatments may help reduce symptoms and improve quality of life.

🥗 Nutrition

Nutritious foods provide the building blocks your body needs during periods of change. Rather than focusing on restriction, many people benefit from learning how to nourish themselves in sustainable ways.

🚶 Movement

Regular movement supports mood, bone health, metabolism, sleep, and emotional wellbeing. Choose activities that feel supportive, not punitive.

😴 Sleep

Healthy sleep habits become increasingly important during midlife. Even small improvements in sleep can positively affect mood, energy, and cognitive function. Starting a sleep hygiene practice might be a good place to begin. This can include things like making your bedroom darker and cooler at night, wearing an eye mask when it’s time to go to sleep, reducing blue light from electronics an hour or so before bedtime, having a regular bedtime, and creating a simple bedtime routine.

💬 Counseling

Talking with a therapist can help you process changing identity, body image, relationships, and the emotional challenges that often accompany this season of life.

Trauma-informed therapy and EMDR may also be helpful when appropriate.

❤️ Self-Compassion

Many people discover that healing begins when they stop treating themselves like a problem to solve. Body neutrality and body acceptance practices can help shift attention from appearance toward wellbeing.

How TLC Can Support You

Instead of asking,

"How do I get back to who I used to be?"

consider asking,

"What kind of support would help me care for myself during this season of change?"

Medical & Hormonal Support

- Hormone Evaluation
- Bioidentical Hormone Replacement Therapy (BHRT)
- Hormone Pellets
- Laboratory Testing
- Medication Management

Wellness Support

- Nutritional Counseling
- Supplements. Consider checking out our online Thorne supplement dispensary.
- Lifestyle Support

Individual Support

- Counseling
- Trauma-informed Therapy
- EMDR (when appropriate)
- Medication Management

Nervous System Support

Because hormonal changes often affect stress and sleep, your provider may also recommend:

- ILF Neurofeedback
- Mindfulness Class (read more about our classes on our website)
- Breathwork Class

Finding Your Next Step

If you're noticing...	**You might consider exploring...**
Hot flashes, night sweats, or hormonal symptoms	A Hormonal Wellness consultation
Fatigue or low energy	Laboratory evaluation and/or nutritional support
Mood changes, anxiety, or difficulty coping	Individual Counseling or Medication Management
Brain fog or sleep difficulties	Hormonal support or Nervous System Support
Feeling disconnected from yourself	Counseling or a conversation with your TLC provider about a whole-person wellness plan
Several concerns happening together	Work with your TLC care team to create a personalized care plan.

Continue the Conversation

If one or more of these next steps resonated with you, we'd be honored to help you explore them. You don't have to figure everything out before reaching out.

Our team can answer your questions, help you understand your options, and work with you to determine what kind of support might be the best fit for your needs.

Call our office at 385-272-4292 to schedule an appointment or consultation. Together, we'll help you explore next steps that might benefit you and your unique needs.

🌿 Reflection

Pause & Notice

What would it feel like to stop fighting your body, and begin listening to it instead?

Imagine Experiencing...

Imagine sleeping more soundly.

Imagine having more consistent energy throughout your day.

Imagine feeling mentally clear again.

Imagine understanding your body instead of feeling confused by it.

Imagine feeling confident enough to advocate for your health.

Imagine looking in the mirror with greater compassion.

Imagine discovering that this stage of life still holds vitality, purpose, connection, and joy.

Feeling more like yourself again doesn't always mean becoming who you once were.

Sometimes it means becoming someone even wiser, more grounded, and more deeply connected to yourself.

Looking Ahead

Rather than asking,

"How do I get my old life back?"

you might gently ask,

"What does my body need from me during this season?"

Every stage of life asks something different of us.

Perhaps this season is inviting greater compassion, deeper wisdom, and new ways of caring for yourself.

Additional Resources

Books

- *The Menopause Manifesto* — Dr. Jen Gunter
- *The New Menopause* — Dr. Mary Claire Haver
- *The Upgrade* — Dr. Louann Brizendine

Podcasts

- The Dr. Mary Claire Haver Podcast
- Huberman Lab (sleep, hormones, and health episodes)

Blogs

- Let's Talk Fatigue & Brain Fog
- Let's Talk Metabolism
- Let's Talk Nutritional Supplements
- Let's Talk Anxiety Treatments

Practices

- Sleep hygiene
- Sustainable movement

- Nutrition education
- Body neutrality practices
- Stress reduction
- Time outdoors
- Regular medical follow-up

Experience TLC

Midlife is not the end of vitality. It is a transition. Like every transition, it brings challenges, questions, and opportunities for growth. You don't have to navigate this season alone.

As you continue working with your TLC care team, we invite you to stay curious about your changing body, ask questions, and explore the combination of supports that helps you feel healthy, energized, and more like yourself again.