

WELLBEING
MASTER PLAN
THE
Health &
Wellness
WORKBOOK

A book full of strategies for living a healthy and happy life.





Greetings!

Holistic Wellbeing Expert

Supporting Women through Every Stage of Life

A Certified Holistic Menopause Wellbeing Expert, Empress combines her roles as a wife, mother, and successful real estate investor with her passion for women's wellness. Her journey as an Optimal Health Educator is rooted in balancing family life with professional commitments, always with a focus on holistic health practices.

Breaking Taboos, Celebrating Every Woman's Journey

Empress invites you to join her in breaking the taboos surrounding womanhood. It's more than just a biological transition; it's a journey every woman deserves to experience smoothly and joyfully.

Who do you know that may benefit from her passion? Let's empower every woman to embrace their journey with strength and grace.

Empress Namagembe



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What We Do



Wellbeing Masterplan

offers a supportive network for women on their menopause journey, facilitating shared experiences and connections through virtual meet-ups and forums.

It combines peer support with expert-led discussions and wellness workshops, enhancing understanding and providing practical tools for managing menopause.

This communal approach celebrates milestones, fostering a sense of uplifting and camaraderie among members.



Our Mission

What to expect when you join our health and wellness community

We aim to encourage women of all ages and abilities to create their own incredible and healthy life.

At Wellbeing Master Plan, we are driven to provide a personalised service which successfully enable every woman to live a healthy life and a smooth transition through different life changes.

Our clients are all essential to our purpose so we strive to uplift every client to build their healthy goals as well as their physical and mental wellbeing through personalised, expert-led coaching plans. These plans are carefully constructed from detailed assessments, guided reflections and in-depth discussions with clients at every stage of the process.

01 Spring Clean
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Pros & Cons





01

MODULE ONE

Spring Clean Your Mind

Our first step is to give our minds a spring clean so we are ready to focus and achieve new goals.



Spring Clean Your Mind



In our busy stressful lives, it is important to take time to focus on positive thoughts that serve you. A great way to do this is to identify things that create awe for you. Researchers define awe as something that creates an overwhelming positive emotion caused by being presented with something so vastly impressive, that your mind can't understand it.

When the mind experiences awe, a person becomes more altruistic and the stress and inflammation response in your body is reduced. It can give you a wonderfully positive emotion and a sense that you are more connected to the world and the people around you.

To experience awe daily, you can go on an awe walk. First, pick a place that has the qualities of physical vastness and novelty. Then get in the right frame of mind by preparing to immerse yourself in the experience. Go for your walk and be mindful of all that you experience.



Expert Strategies to Boost Your Happiness

When life feels stressful, these strategies should help calm your mind.

The amygdala, the brain's emotional centre, is activated immediately to respond to stress. The prefrontal cortex, associated with the logical, thinking part of the brain, takes a lot longer to react. As a result, the body is flooded with the stress hormone, cortisol and blood pressure increases. This fight or flight response has physical and psychological effects. While not causing illness directly, it can contribute significantly.

Dealing with ramped up emotions can be exhausting. The more the amygdala is activated emotionally, the more anxiety we have.

Therefore, try to find the trigger for your emotional response. If the news is causing anxiety, for example, try limiting your exposure. Physical activity can also help to reduce the emotional activation of your brain.

You can train your brain to react constructively to stress

Fortunately, when everything seems to be spinning and unraveling around you, there is a solution. You can manage the stress with an array of different tools. As well as getting enough sleep, eating healthily and connecting with friends, these tools will help you to keep your mind and body in better balance.



Multi-tasking: Is It A Good Idea?



Most women think that we are good at multi-tasking but often it leaves us anxious and distracted.

Research has shown that it is better to focus on one task at a time. This actually has a calming effect. Staying in the moment and not letting yourself get side tracked.

When you are mindful and absorbed in the moment, you recognize that this moment is the only one that is real and important.

Gratitude

A powerful method of stopping negative thoughts is to focus on the good in our lives. Studies have shown that gratefulness is associated with lower risk of depression, anxiety, and eating disorders.

TIPS AND HACKS TO HELP YOU

Just spending a few minutes of thinking about things you're thankful for can improve your mood. There are lots of ways to count your blessings.

Read on to find how you can incorporate more gratitude into your everyday life.



- Keep a gratitude log and write down five things you're grateful for every night before bed.
- Write a thank you note to someone who has helped you in the day.
- Close your eyes for 1 minute and think of all the people for whom you are thankful.

With practice, this process will become second nature and you will be automatically looking at the positive in your day-to-day experiences. It is important to look for gratitude with intent because the brain tends to focus on the negative during times of stress. Being able to override this is a powerful tool.

Another stage of looking at gratitude, is to be thankful for adversity. Through overcoming challenges, you get an opportunity to grow. It is hard to go through something tough, but you can emerge stronger.

The Power of Personal Kindness



We know that being kind has a positive mental impact on our mental health, increasing our happiness and feelings of connection. But what about watching other people being kind? How does this effect our mental wellbeing?

Studies suggest it works in exactly the same way. It doesn't matter whether you are the one giving or receiving kindness, or even if you're only observing it, compassion has been shown to improve your wellbeing.

Researchers found that after watching a video of children doing acts of kindness, levels of happiness, optimism, calmness and gratitude were lifted.

A Close Circle Of Friends



True friends might not be in great supply but you don't need to sacrifice yourself to keep them.

We can't make people be friends with us, so why do we spend so much time trying to make every person like us?

Genuine friends are the ones who stand by your side while your life falls apart. They laugh with you and value your opinions. They never judge you unkindly but will tell you when you're making a mistake you need saving from.

Friends who cherish you do not necessarily have to be long-term either. New people that you meet from doing things that you love, can quickly become close friends, looking out for you and supporting you.

Are you an optimist or a pessimist? Whatever you answer, research has shown that it is actually better to take a more balanced, realistic view.

However, how do you know if your view is a realistic, grounded one? The key is to balance realistic goals and aspirations with an inner critical voice and weigh up the evidence carefully. Would taking this step enhance your life or make you miserable?

Take A Realistic View

Balance realistic goals and weigh up the evidence carefully.



Optimism and pessimism are biologically determined to a small extent. The main reason for a person being overly optimistic or pessimistic is due to their past experience.

Previous experiences of similar events, may trigger a suite of responses that are optimistic or pessimistic. It is also important how others have reacted to our optimism or pessimism in the past.



Do you find yourself doing the opposite of what you know is good for you? Though many of us believe that people possess a single self, the truth is that actually we have many selves. Understanding this gives a far deeper awareness of how we actually work.

According to research, it is normal and natural for the mind to divide into different parts. These parts drive our everyday thoughts and trigger knee-jerk reactions that we might come to regret.



Get To Know Yourself

However, we shouldn't try to hide or block these parts. Instead, we should listen to the message they are trying to tell us. This means talking to the different parts of yourself and noting how the different parts interconnect. This in turn strengthens your ability to understand and balance your life.

Therefore, when you're wrestling with different problems, it might be that your different personalities or parts are in conflict with each other. If you learn to engage with them, then you can work towards resolving your problems.

The different sub-minds that are part of all of us explain why when you have a difficult decision to make, part of you says, "go for it" while another part of you says, "don't do it."



Mindful Wellness



01 MINDFUL DEEP BREATHING

Focused deep breathing can be an effective way to be more mindful.

02 MINDFUL EATING

To be mindful when eating, the key thing to remember is: slow down.

03 MINDFUL EXERCISE

Paying attention to the present moment when exercising.

04 MINDFUL SHOWERING

Taking a shower or a bath gives you the perfect time to be mindful.

Mindfulness or living in the present moment, is such a simple exercise that can bring valuable health benefits.



Unlocking the Power of Routine in Your Daily Life

With a routine, your days will be more productive and you will feel less stressed.

Things you can control

During times of stress, maintaining a routine can help you feel more in control. Focusing on the things that are within your power to control can help you to feel more able to handle a situation.

The key is to create a routine that adds structure and a sense of predictability to your day. Sticking to a basic structure for when you will wake, eat, work, do activities, and sleep can help you feel less stressed.

Make a list

Try making a list of the things that you normally do during the day. Once you have an idea of the tasks you need to accomplish in a day, you can start creating a general schedule for what you need to do each day.

Stress can make it hard to focus, so listing these daily activities can help remind you what needs to be done. Additionally, be sure to find things that you can look forward to. Having small rewards a part of your routine can help you stay motivated.

The key is to find what works for you. Consider your motivations and what you need to get done. Schedule in the high priority tasks first and then you can slot in the other routine items.

Takeaways

- Having a routine can be helpful in times of unpredictability, uncertainty, and stress.
- Providing a structure to your day can give you a sense of control. It can also improve your focus, organization, and productivity.
- Don't forget to add time for self-care into your daily routine too.

Services

Understanding how to act on the three stages of menopause is essential for women to navigate this transformative phase of life with confidence and good health.

Lifestyle Collaboration

Offering advice on lifestyle modifications, including exercise routines, stress management techniques, and strategies for maintaining a healthy weight.





WELLBEING MASTERPLAN

Discover more about your menopause journey further through our weekly blogs, along with delightful recipes to support you along the way!

As a catalyst for women, I encourage you to transcend boundaries and flourish in abundant vitality.

