
Hot Flashes, Cool Strategies

A Nervous System Approach to Perimenopause & Menopause

Perimenopause and menopause change more than hormones. Sleep, energy, mood, focus, temperature regulation, and even the way stress feels can shift during this season of life. This workshop explores what is changing through the lens of your nervous system - helping you understand your body's responses while discovering practical ways to support yourself now.

Your nervous system is adapting to a different hormonal environment.

In This Workshop You'll Explore

What's Changing?

Explore the difference between perimenopause and menopause and how changing estrogen levels can influence the nervous system, sleep, stress response, mood, brain fog, and hot flashes.

Stress, Sleep & Your Nervous System

Learn why stress may feel different during this transition and how your nervous system may respond differently to demands, recovery, and everyday life.

From Frustration to Curiosity

Practice shifting from trying to "fix" your body toward noticing what it is communicating. Awareness creates choice, and curiosity can help you discover what works for you.

Supporting Your Changing Body

Explore practical areas of support including nourishment, movement, recovery, sleep routines, breathing, somatic awareness, cooling strategies, supportive relationships, rest, and joy.

This Workshop Is Helpful For Anyone Who:

- Is navigating perimenopause, menopause, or the changes surrounding this transition
- Has noticed changes in sleep, energy, mood, focus, stress tolerance, or hot flashes
- Feels frustrated that strategies that used to work no longer seem to work the same way
- Wants practical, body-aware ways to support nervous system regulation and everyday well-being

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You'll Leave With:

- A clearer understanding of how hormonal changes and the nervous system can interact
- A more curious, less critical way of listening to your changing body
- Practical areas to explore through nourishment, movement, calming practices, and connection
- A simple personal experiment: notice, try one change, observe, and adjust

**Your body isn't broken.
It's changing.**

Awareness creates choice.

Your Personal Experiment

You don't have to change everything at once. You'll be encouraged to choose one area to explore, notice how your body responds, and use what you learn to guide your next step. The goal is not to get back to who you were. It is to discover what helps you thrive now.

Important Note

This workshop is educational in nature and is not intended to provide medical, psychological, or mental health treatment. Participants will be invited to explore nervous system education, reflection, discussion, and gentle somatic practices in a supportive learning environment.

For information about workshop participation, class format, and preparing for class, please see the What to Expect page.

For educational purposes only. This material is not intended to diagnose, treat, cure, or replace medical, psychological, or mental health care. Please consult an appropriate healthcare professional for individualized support.