



CALMING ANXIETY AND LIFTING LOW MOOD NATURALLY

A free guide to restoring balance, peace, and emotional
resilience during perimenopause and menopause

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Disclaimer

The material in this eBook is for informational and educational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical advice, diagnosis, treatment, prescription or recommendation. All viewers of this content, especially those taking prescription or over-the-counter medications, should not make any changes in their health regimen or diet before first consulting a qualified health professional.

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Welcome!

*Have you developed anxiety or low mood that feels unfamiliar or out of character?
Do you feel emotionally sensitive, flat, overwhelmed or on edge for no clear reason?
Are you struggling with confidence, motivation or enjoyment of life?*

These emotional changes are deeply connected to menopause hormones and nervous system changes.

Hi, I'm Joanna

If you've been feeling more anxious, low, or emotionally fragile lately, you're not alone. Many women experience mood changes during perimenopause and menopause - sometimes suddenly, sometimes gradually.

As hormones shift, your brain chemistry, sleep, and stress response all change too. The good news? There are gentle, natural ways to calm your mind, lift your mood, and feel more like yourself again.

In my clinical experience, the key elements to address therapeutically for anxiety and depression include:

- Restoring natural rhythms (circadian rhythms) and wise sun exposure
- Sleep and stress
- Nutritional deficiencies and/or excess (toxicity)
- Gut detox and microbiome repair
- Diet review and monitoring

These steps are included in my personalised therapeutic programs and consultations with clients.

This guide briefly covers

- ✓ The 4 key factors that influence mood during menopause
- ✓ Simple, natural ways that help you feel grounded and calm
- ✓ A daily checklist to support emotional balance
- ✓ Resources and tips that work



Key Factor #1

Hormonal fluctuations & brain chemistry

Why it matters

Estrogen and progesterone influence serotonin, dopamine, and GABA - the brain's "feel-good" and calming chemicals. When these hormones fluctuate, mood can swing too, leading to anxiety, irritability, or sadness.

Hormone fluctuations during menopause, particularly the decline in estrogen levels, can significantly affect brain chemistry, leading to changes in cognitive function and emotional wellbeing. These fluctuations are associated with symptoms like "brain fog," forgetfulness, and alterations in brain structure, impacting areas critical for memory and executive function.

Natural swaps & tips



Eat regularly to stabilise blood sugar - low blood sugar can mimic anxiety. Reduce sugar, increase protein and fat.



Include foods rich in omega-3s: salmon, oily fish, chia seeds, flaxseeds, and magnesium: leafy greens, pumpkin seeds, cocoa or dark chocolate.



Exercise elevates serotonin and dopamine, enhancing mood and cognition. Choose gentle, restorative movement such as walking, stretching, yoga.



Consider herbal support - e.g. St. John's Wort (for low mood) and passionflower (for anxiety). Always check with your practitioner before taking any herbs.

Additional resources: [Joanna's hormonal harmony blog](#)



Key Factor #2

Stress & nervous system overload

Why it matters

Chronic stress keeps cortisol high, which disrupts sleep, mood, and hormone balance, among others.

Stress during menopause can lead to an overload in the nervous system, particularly affecting the sympathetic nervous system, which triggers the body's "fight or flight" response. This can result in symptoms like increased heart rate, anxiety, and hormonal imbalances, making the menopausal transition more intense.

Natural swaps & tips



Practice 5 minutes of slow breathing daily: inhale for 4 - hold for 4 - exhale for 6 (longer). This pattern activates the parasympathetic nervous system (relaxation response).



Spend time outdoors daily - sunlight and nature calm the nervous system, mood and regulate hormonal release and utilisation.



Consider adding grounding activities daily: gardening, walking barefoot on grass or sand, or gentle yoga.



Consider herbal support - sample teas: lemon balm, passion flower or chamomile - always consult with a qualified practitioner before taking herbs.

Additional resources: [Check out Joanna's inflammation and antioxidants blog.](#)



Key Factor #3

Poor sleep & night waking





Why it matters

Sleep is when your brain resets and repairs. Without deep rest, emotional resilience drops, and anxiety or low mood can worsen.

Poor sleep and sleep disturbances during menopause are common and are often linked to hormonal changes. These affect up to 50% of women during menopause – for many women symptoms of menopause like hot flushes and night sweats may be the main cause. Many women experience difficulties falling asleep, staying asleep, or waking too early during this time.

Before menopause, around 30% of women report some type of sleep problem more than three times a week. However, for women in the menopausal transition, this prevalence rate doubles. Women with a higher severity of other menopausal symptoms also tend to have higher rates of sleep disturbance.

Natural swaps & tips

-  **Create a calming bedtime ritual:** dim lights, avoid screens 1-2 hours before bed, sip chamomile or lemon balm tea, listen to favourite calming music.
-  **Keep your bedroom cool and dark** - to produce more melatonin for deeper and refreshed sleep. Install blackout curtains if needed.
-  **Consider taking magnesium glycinate or L-theanine before bed** to support overall relaxation, muscle relaxation and deeper sleep.
-  **Go for a gentle walk in nature** after dinner or before bed to induce relaxation response before bed and calm the mind.

[Additional resources: Check out Joanna's melatonin function in sleep blog](#)



Key Factor #4


Disconnection & emotional overload

Why it matters


Midlife brings many changes - family, work, identity, and health. Feeling isolated or unsupported can amplify emotional symptoms.


Many women experience feelings of isolation and lack of support during menopause due to hormonal changes that can affect both physical and mental health. It's important to seek connections with others who understand your experience, whether through support groups, friends, or healthcare professionals, to help alleviate these feelings.

Natural swaps & tips

 **Connect with others** - talk, share, dance, laugh, share hobbies and interests.

 **Journal or practice gratitude** to shift focus toward what's working.

 **Engage in creative, slow-paced or joyful activities that nourish your spirit** - manual work, gardening, watching movies.

 **Do gentle, mindful and enjoyable movement daily to re-connect with the body and quiet the mind** - gentle walking in sunlight outdoors, seeing the beauty of nature that surrounds us, walking on the beach or in the park.

Additional resources: [Check out Joanna's nutrition & mental health blog](#)



Next steps

You don't have to "push through" anxiety or low mood. These feelings are signals from your body asking for care, rest, and balance. Start small - choose one or two of the tips below and weave them into your daily rhythm. Over time, these gentle habits can help you feel calmer, clearer, and more emotionally steady.

Your daily mood and anxiety checklist

☀️ Daily sun exposure (vitamin D for better mood) and time in Nature

🥗 Eat regularly to stabilise blood sugar

🧘♀️ Gentle, enjoyable movement daily, preferably outdoors

💧 Perform grounding activities daily

🌿 Practice relaxation techniques such as slow breathing and meditation

🌙 Restful sleep and recovery for body and mind

🧘♀️ Stress reduction or mindfulness practice

✅ Connect with others regularly

An invitation

What you have just read is one piece of a much bigger picture. Menopause can show up in **more than 100 different ways** across the brain, nerves, gut, joints, skin, mood and metabolism. That's why symptoms can feel confusing and hard to pin down.

I created "**The Menopause Symptoms and Systems Guide: A practitioner's guide to the physical and emotional changes of the menopause transition**" to bring clarity to that complexity, and help you recognise what your body is communicating.

It includes a comprehensive symptom map and simple explanations of causes to help you see where your own patterns may sit. You may get it by clicking the button below.

[GET THE FULL GUIDE](#)

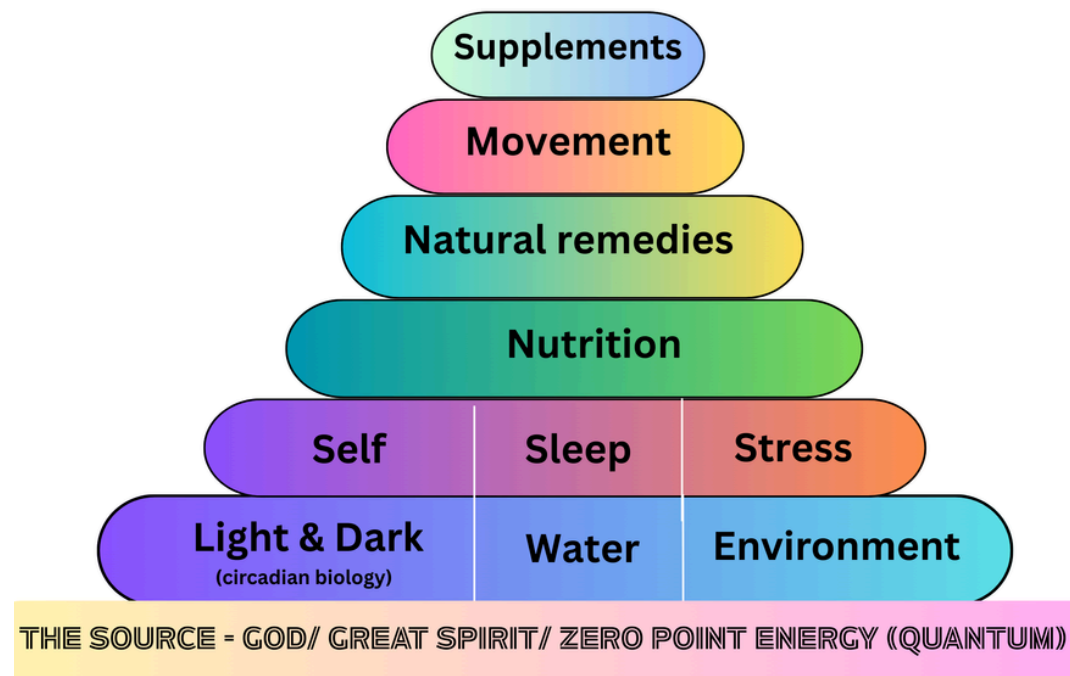
Inside, you will also find how my Naturimedica Blueprint approach supports the whole body, not just individual symptoms.

If you would like personal support, you can also learn how I work with women to create a natural, sustainable plan for their unique menopause journey inside the full guide and on the next page here.



The Naturimedica Signature Blueprint for Health & Wellbeing

One method. Many paths. Always personalised.



At the heart of the Blueprint lies a pyramid structure that reflects what, from my clinical and personal experience, truly drives lasting wellbeing:

- **~60% Lifestyle Foundations (i.e. two bottom layers, key to any transformation):** light and dark balance, hydration, nature connection and mindful environment, quality sleep and self-care, and stress reduction.
- **~30% to 40% Nutrition:** real, nourishing food tailored to your body's needs.
- **~10% to 15% Supplements, Natural Remedies & Movement:** targeted support to fine-tune your health and body function.

This layered approach blends natural wisdom, science and personalisation, helping you move from any imbalance or hormonal challenges toward renewed harmony and energy. **The interconnected structure ensures that every step supports the next - restoring energy, balance and vitality from the ground up.**

Explore the Signature Blueprint graphic and method to see how each layer builds upon the next, creating strong foundation for lifelong wellness.

Download your free Naturimedica Signature Blueprint guide [HERE](#) (or from the website), then connect with me for personalised support to start your own transformation journey to health and wellbeing.

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Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause visit my website: www.naturimedica.com
Here are the links to the most relevant website information:

- <https://www.naturimedica.com/category/hormones-menopause/>
- <https://www.naturimedica.com/category/circadian-biology/>

If you'd like more information and simple, basic guidance on other specific perimenopause or menopause symptoms/ topics, the following FREE guides are also available to review:

- Hot flushes
- Key symptoms self-check
- Gut health
- Weight loss
- Adrenals & energy
- Blood glucose management
- Brain fog
- Thyroid health
- Anxiety & depression
- Sleep
- Skin, nails, collagen
- Osteoporosis
- Hair loss
- Circadian Daily Light Guide: Practical Steps + Benefits

Feel free to contact me if you'd like any of the above guides emailed to you.

Email: joanna@naturimedica.com

I also regularly publish valuable free resources and practical tips on social media.

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About me



As a Wholistic Natural & Lifestyle Therapist with 15 years clinical experience, my passion is helping women to restore energy, sleep and vitality by reconnecting with Nature and its rhythms.

I combine nutrition, herbal medicines, naturopathy and lifestyle strategies with practical education, so clients can take charge of their own health.

My approach is grounded in both research and traditional naturopathy. My therapeutic strategies are always tailored to the individual.

I believe true health comes from following daily rhythms aligned with nature, and from nurturing the body with good nutrition, sleep, rest and re-establishing good function, not quick fixes. The fact is: we can't outsmart Nature!

I've seen consistently how small, habitual changes add up to create big result over time. My goal is simple: to guide you back to health with tools and remedies that are natural, safe, sustainable and effective.

Visit my website www.naturimedica.com for more information on my therapeutic approach, areas of expertise and special interest, and how to connect with me. Follow me on social media for more support and updates.

[Instagram](#)
[Facebook](#)

[LinkedIn](#)
[Wellness Blog](#)

I look forward to connecting with you and supporting you in your ongoing health journey.

Best of Health

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