

The 5 Minute Menopause Reset Toolkit



*Feel better fast—
no supplements, no sweating,
no BS.*

BY ASHLEY STEHLIK



Introduction

“You’re Not Broken”

Hey you,

If you’ve landed here, chances are you’ve muttered something like:

"What is happening to me?" or

"I used to have it together. Sort of."

This little toolkit isn’t going to solve menopause overnight (if only), but it *will* give you a handful of simple, fast, feel-better-right-now resets.

The kind that whisper: **You’ve got this. You’re still you. You’re just becoming more of her.**

Each reset takes 5 minutes or less. No rules. No guilt. Just small magic, every day.

Let’s begin.



I came, I saw, I forgot what I was doing.- Perimenopause Motto

About Me



Menopause Coach | Dreamer | Midlife Mentor

I'm here to walk beside you as you remember who the fuck you are—beyond the roles, the rush, the rules. I believe menopause is not a crisis but a calling. It's the perfect moment to pause, realign, and dream again.

I created this 5 Minute Menopause Reset Toolkit to help you reconnect with your desires, reclaim your energy, and rebuild your life from the inside out—with softness, strength, and soul. You don't need to hustle to heal. You just need to come home to yourself.

This workbook is your invitation. Let's walk it together.

With love and fire,

Ash xo

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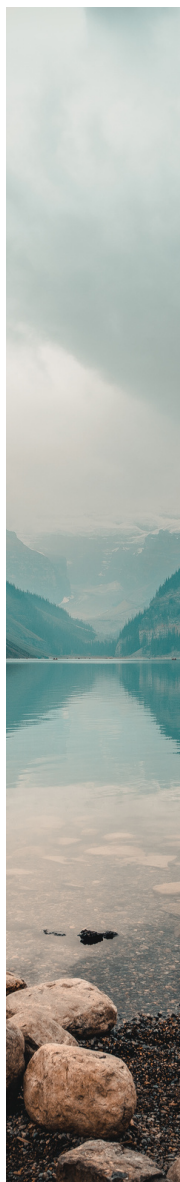
Body first, mind follows. This lifts you fast.

06

Remember Her

Use this with the bonus audio.

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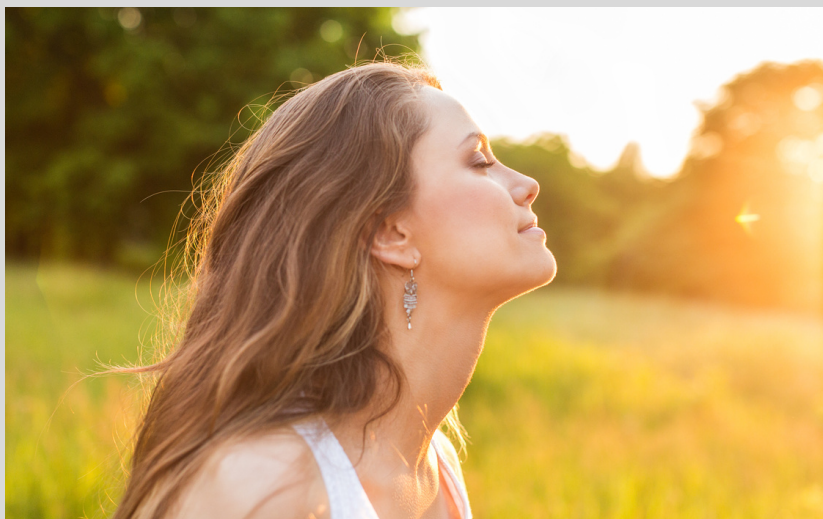
01 **The Menopause Mood Flip**

Why it works: A body-based trick to interrupt spirals. Moving our body is the best way to release those unwanted sensations and emotions.

How to do it:

- Wiggle your toes.
- Say out loud: "*This is just a moment.*"
- Look up and to the left (this activates a different brain region).

Bonus: Notice and take note of what happens in your body after doing this simple exercise. Keep track of it over time to notice shifts and patterns.



02

Cool Down in a Flash



“

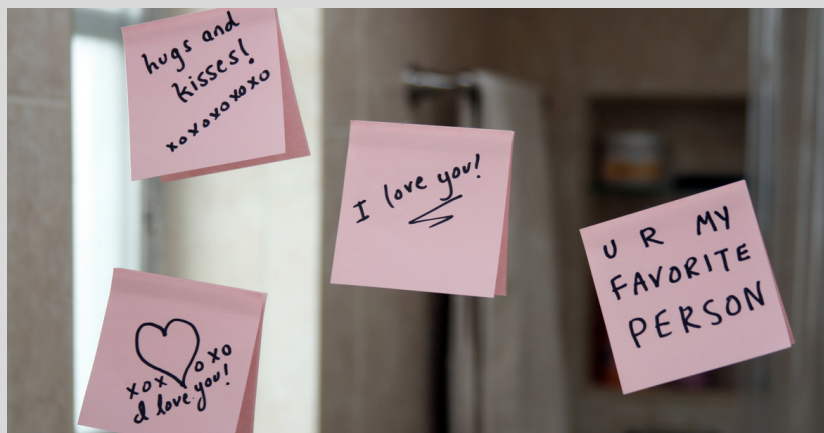
“Current mood: part goddess, part furnace.”

Why it works: A breathing pattern to calm your nervous system in a hot flash or anxious moment.

How to do it:

- Inhale for 4 counts. Exhale for 7 counts.
- Repeat 4 times, one hand on your chest.
- Picture your body as a soft breeze instead of a wildfire.

Simple. Free. Instant calm.



03

The Sticky Note Reframe

Why it works: Your brain is being dramatic. Let's give it a script.

How to do it:

- Write this on a sticky note: *"I am still me. This is just a season."*
- Stick it on your mirror or laptop.
- Read it every time you see it.

Feel Free to have fun with this one. Leave yourself some love and maybe a reminder of what a badass you really are

04 The Nighttime Drop-Off

Why it works: A ritual to transition from wired and tired to peaceful and done.

How to do it:

- One hand on your heart, one on your belly.
- Say out loud: *"I did enough today."*
- Visualize the stress sliding off your back and into the earth

Reminder: This may be a emotional and hard thing to do. Let it be just that. No need for perfection. Just try it day after day.





05

The I-Word Journal

Why it works: Don't want to write? You don't have to.

How to do it:

- Ask: *"What do I need right now?"*
- Write ONE word in big letters.
- Breathe with it for one minute.

BONUS- If possible, actually give yourself what you need. If not possible find something you need that you can provide yourself to create a sense of safety, trust and security within yourself.

06

Power Posture

Why it works: Body first, mind follows. This lifts you fast.

How to do it:

- Stand up. Shoulders back. Chin level.
- Breathe deeply and imagine your ribs are wings.
- Think: "*I am not small. I am not done.*"

Feel free to add your own mantras here to make it even more personalized and powerful.





07

Remember Her

Why it works: Visualization/Meditation is such a powerful mindset tool. Use this with the bonus audio.

How to do it:

- Close your eyes.
- Picture the boldest, most vibrant version of you (past, future, or imagined).
- Let her whisper what you've forgotten.

BONUS- After listening to the bonus audio make notes about what came up for you including how you felt in your body, emotions and thoughts.

BONUS- Full Audio of Remember Her



Listen to this a few times to
REALLY let it all set in!

*click
here*

BY ASHLEY STEHLIK

click
here!

Conclusion and Next Steps

Love Note + What's Next

These tiny resets are just the beginning.

If you want a deeper journey—with coaching, creativity, rituals, and reconnection—you'd love

Dream Again: A 12-Week Journey Through Menopause and into Midlife Magic.

Head to my website for more info and details

You are not broken.

You are becoming.

And you don't have to do it alone.

With love, Ashley xo



Join my email list for weekly amazingness
dropped in your inbox!



*“Turns out ‘hot mess’ was just early training for hot
flashes.”*

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