

HRT mini-workshop

◆ Self-discovery Exercise 1: (15 mins)

List 3 things in your life that: *If you have more then, keep writing*

- need resolution that you have not attended to.
- Things that you can remember (or imagine) that would come up, flare up, pre-menstrually or in perimenopause or still are now.
- They could have to do with Betrayal, Abandonment, or Shame
- “soul dictates” that you have not followed or a purpose/mission that you want to re-direct your life toward

◆ Self-discovery Exercise 2: (10 mins)

1. List 3 common stressors that you can anticipate coming up
2. List 3 tools that resonate with you to have at the ready, to help you dissipate the Cortisol spike from a stressful situation