

# NURTURER SURVIVAL GUIDE



**FOR MY NURTURER**

# Welcome Letter from Shannon



Dear Nurturer,

If you're holding this guide, I already know something about you:

You have a heart that holds so much.

You show up. You give. You hold space for everyone else – your family, your friends, your coworkers – and somehow you still manage to get it all done.

**But maybe lately... it's starting to feel like too much.**

Your brain is foggy. Your body is tired. You find yourself snapping at the people you love or wondering, "Why do I feel so overwhelmed?" You keep thinking, "I just need to push through..." but your system is craving something deeper:

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## **You need care, too.**

You've spent years pouring into others. Now it's time **to refill your own cup** — not just so you can keep going, but because *you're worth it*. Your worth isn't measured by how much you give. It's measured by how deeply you're willing to receive.

This guide is your gentle permission slip — to rest, to nourish, and to put yourself back on the list. Not because you've finally earned it, but because *you always deserved it*.

Inside these pages, you'll find a path back to yourself:  
Nourishing foods to support your energy and mood  
Reflection tools to help you reconnect with what *you* need  
Gentle mindset shifts to help you set boundaries with love  
You've spent your life taking care of everyone else.  
Now it's your turn. And I'll be right here with you, every step of the way.

With warmth and support,  
**Coach Shannon**  
Certified Integrative Health Coach  
That Menopause Mentor



# UNDERSTANDING THE NURTURER ARCHETYPE

## You Take Care of Everyone — But Who's Taking Care of You?

You're the one people count on.

The caretaker, the counselor, the “glue” that keeps everything (and everyone) together.

You anticipate needs before others even speak them.

You show up, hold it all together, and never want anyone to feel like they're too much.

But somewhere along the way...

You stopped checking in with your own needs.

You started surviving on coffee, convenience, and sheer willpower.

You may have even lost touch with the question: What do I need right now?

## COMMON SIGNS OF THE NURTURER IN MENOPAUSE

You got mostly B's in the quiz, so this will likely feel familiar:

- You often feel emotionally exhausted, but keep going because “people are counting on me.”
- You feel guilty setting boundaries or saying no — even when you're depleted.
- You may struggle with **weight gain**, especially around the belly, and find it hard to make time for meals or movement.
- You experience **mood swings**, irritability, or even resentment, then feel bad about it afterward.
- You worry that if you stop giving so much, everything will fall apart.

Sound familiar? This isn't weakness — it's a sign that your nervous system is asking for a reset.

Your body is whispering, “I need you to choose me now

# WHAT'S GOING ON INSIDE YOUR BODY

Perimenopause and menopause aren't just hormonal — they're **emotional and energetic** too.

- **Estrogen and progesterone** support mood regulation, sleep, and emotional balance — and when they fluctuate, we become more sensitive to stress and overstimulation.
- When your stress hormone **cortisol** is constantly high (from caregiving, overgiving, or running on empty), it leads to fatigue, brain fog, and stubborn weight gain.
- And when you don't eat regularly or skip meals to keep going, your blood sugar crashes — leaving you moody, foggy, and reactive.

This isn't just happening in your mind — it's happening in your biology.

But the good news? With small, loving shifts, you can start to feel like you again.

## THE NEW STORY: YOU MATTER, TOO

You don't need to stop being the kind, loving, big-hearted woman you are.

But you *do* need to start giving yourself the same tenderness you give to everyone else.

Here's the shift:

'It's not selfish to take care of myself — it's *essential*.'

This is where your healing begins.

Not in doing more, but in learning to **receive, nourish, and honor your own needs.**

And don't worry — I'm going to guide you step-by-step.

# THE NURTURER'S WELLNESS PILLARS

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## **From Overgiving to Overflow — How to Restore Your Energy Without Losing Your Heart**

You don't need to stop being nurturing. You just need to start including yourself in the care.

As a Nurturer, your instinct is to take care of others first — and while that's a beautiful gift, it can come at the cost of your **mental clarity**, **hormonal balance**, and **emotional wellbeing** if you're not careful.

These 3 wellness pillars are designed to help you return to yourself — with practices that nourish your body, refill your emotional cup, and help you build sustainable boundaries with love (not guilt).

# PILLAR 1: NOURISH TO NURTURE

## (Balanced Meals + Emotional Eating Support)

When you're busy taking care of everyone else, food often becomes an afterthought... or a comfort at the end of a long day. But your body needs **steady nourishment** — not just to survive, but to thrive.

### Try this:

- Eat regular, blood sugar-balancing meals: Protein + Fiber + Healthy Fats
- Don't skip breakfast — it stabilizes cortisol and reduces cravings later
- Create a calming food ritual: sit down, light a candle, breathe between bites
- Keep easy, hormone-supportive snacks on hand (nuts, seeds, hard-boiled eggs, fruit + nut butter)

Food isn't just fuel — it's a form of self-respect.

# PILLAR 2: BOUNDARIES WITHOUT BURNOUT

## (Saying No With Love + Reclaiming Time)

Setting boundaries doesn't make you less kind — it makes you **healthier**. Boundaries protect your energy and help you show up as the most grounded, clear, and loving version of yourself.

### Try this:

- Practice saying “Let me think about it” before agreeing to anything
- Block off “white space” in your calendar just for *you* — and treat it like a non-negotiable
- Create a short morning or evening ritual (5–10 minutes) where no one else has access to you
- Learn to delegate without apology

*Boundaries are not walls — they're bridges to a better version of you.*

# PILLAR 3: RECEIVE SUPPORT, DON'T JUST GIVE IT

**(Community + Emotional Connection + Safe Space to Be Seen)**

You're the one others come to... but when was the last time you leaned on someone else? You deserve support that isn't transactional. You deserve to be heard, held, and understood — no fixing, no performing.

## **Try this:**

- Join a community where women are walking a similar path
- Schedule regular check-ins with a friend, coach, or therapist
- Use journaling or voice notes to express your emotions instead of bottling them up
- Let yourself feel without trying to fix

**Asking for support isn't weakness — it's wisdom.**

## YOUR ACTION STEP

Choose one pillar that resonates most with where you are right now.

Circle it in your workbook or write it down. Then, list **one small shift** you can make this week.

This isn't about overhauling your life. It's about making a sacred promise to yourself:

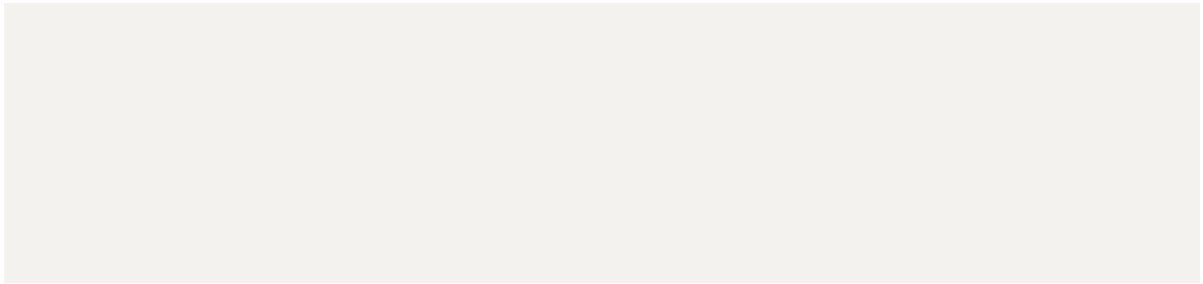
“I will no longer abandon myself in the name of being ‘nice’.”

You are allowed to receive. You are allowed to rest. You are allowed to matter.

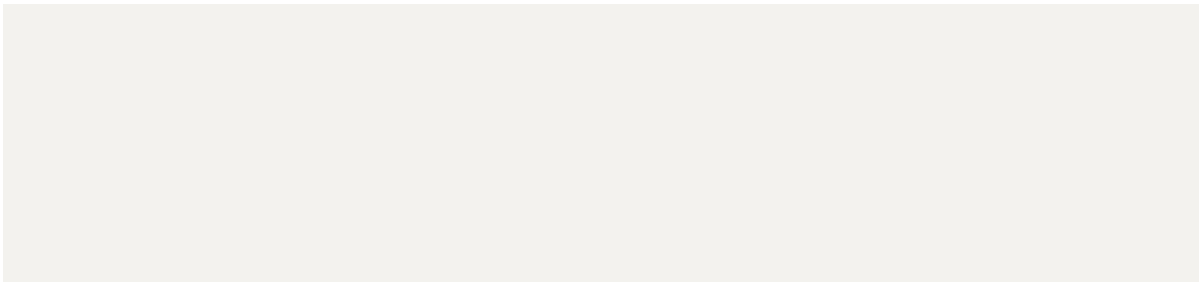
## JOURNAL PROMPT: COMING HOME TO YOU

Find a quiet space, take a deep breath, and write from the heart.

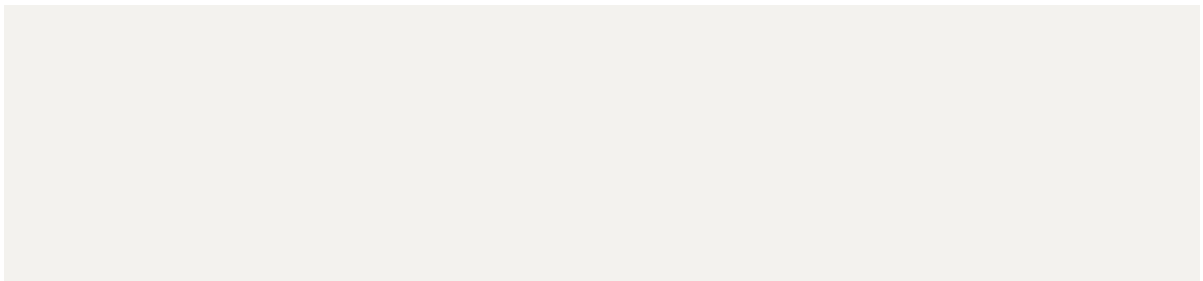
- **Where in my life am I giving more than I have to give?**



- **What would it feel like to include myself in the care I give so freely to others?**



- **What's one thing I could say no to this week, and one thing I could say yes to that would truly nourish me?**



### **Remember:**

You are not taking something away from others by caring for yourself. You are showing them what love looks like — in action.

# The Nurturer's Kitchen: Where Love Begins with You



You've spent years pouring love into the meals you make – remembering everyone's preferences, keeping the fridge stocked, and somehow making dinner appear even on the most exhausting days.

But here's the truth: nourishment isn't just something you give – it's something you deserve.

These gentle tips are here to help you shift the energy in your kitchen. To bring ease, joy, and your well-being back into the process. Because when the nurturer is cared for, everyone benefits.

Let this be your invitation to feed yourself with the same tenderness you give so freely to others.

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## **1. You Deserve a Plate Too**

You're not just the one making the meals — you're worthy of enjoying them, hot and with your feet up.

Stop eating the scraps, the crusts, or the cold leftovers. Create a plate for yourself with love and intention.

## **2. Feed Yourself First (And Not Just With Food)**

Before you dive into prepping meals for others, pause. Drink water. Take a few breaths. Put on music. Maybe even make your own tea or smoothie. When you're regulated, everything feels less frantic.

## **3. Stop Overcomplicating the Menu**

Dinner doesn't need to be a 3-act production. Choose 2-3 simple, real food meals and rotate them for the week. Your love doesn't live in the number of side dishes — it lives in your energy.

## **4. Make “Double Dinners” a Habit**

If you're already cooking, double it. Freeze half or save it for another night. You'll thank yourself on the days when your energy is low — or when someone needs you and you're already stretched thin.

## **5. Set Boundaries With Love in the Kitchen**

You don't have to be the short-order cook. It's okay to say, “This is dinner tonight.” You're still a good mom, wife, or friend if you don't cater to everyone's preferences every night.

## **6. Create a “Nurturer's Snack Basket” Just for You**

Fill it with hormone-supportive goodies like nut butter packs, trail mix, herbal teas, or dark chocolate. Label it if you want: “Mom's Basket – Hands Off”. It's a reminder that your needs matter too.

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### **7. Let Others Help (Even If It's Not Perfect)**

You don't have to do it all. Let someone else chop, stir, or clean — even if it's messy or slower. Receiving support is just as nurturing as giving it.

### **8. Turn Cooking Into Connection (When You Feel Like It)**

If your love language is quality time, invite someone into the kitchen with you, not just as a helper, but to talk, laugh, and connect. Make food a moment of shared presence, not pressure.

### **9. Use a Meal Plan as a Gift to Your Future Self**

Take 20 minutes on Sunday to sketch a few meal ideas — not to be rigid, but to reduce your weekday decision fatigue. It's like leaving little love notes for yourself all week.

### **10. Nourish Your Nervous System While You Cook**

Diffuse calming oils, play grounding music, or even try box breathing while you stir. The kitchen can be your calm place, not your chaos zone.



# NURTURING RECIPES FOR HORMONES + MOOD

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## **Comfort Food That Loves You Back**

You've spent years cooking and caring for others. These recipes are just for YOU - to nourish your body, calm your mind, and make you feel gently held from the inside out.

Each of these recipes supports hormone health and emotional balance using real, whole foods that don't take hours in the kitchen. Let them be your daily reminder that feeding yourself well is a radical act of self-love.

## RECIPE #1

# Cinnamon Almond Pancakes (for cozy mornings)

**Why it works:** Almond flour provides protein and healthy fats to balance blood sugar. Cinnamon supports insulin sensitivity and gives a warm, calming flavor.

### Ingredients:

- 1 cup almond flour
- 2 eggs
- 2 tbsp almond milk
- 1 tsp cinnamon
- ½ tsp vanilla extract
- ½ tsp baking powder
- Pinch of sea salt
- Coconut oil for cooking

### Instructions:

1. Mix all ingredients in a bowl.
2. Heat a nonstick skillet over medium heat with a touch of coconut oil.
3. Pour small amounts of batter and cook 2–3 minutes per side.
4. Serve with a few berries and a drizzle of pure maple syrup.



## RECIPE #2

# Warm Quinoa Bowl with Roasted Veggies & Tahini Drizzle

**Why it works:** Quinoa is a complete protein that stabilizes energy. Roasted veggies + healthy fats soothe inflammation and keep you grounded.

### Ingredients:

- ½ cup cooked quinoa
- ½ cup roasted sweet potato
- ½ cup roasted broccoli
- ¼ avocado, sliced
- 1 tbsp pumpkin seeds
- Drizzle of tahini, lemon and a pinch of garlic powder

### Instructions:

Layer everything in a bowl. Eat warm and feel hugged.



## RECIPE #3

# Dark Chocolate Walnut Energy Bites

**Why it works:** Walnuts offer omega-3s for brain health and mood. Cocoa boosts serotonin and dopamine — our feel-good chemicals.

### Ingredients:

- ½ cup walnuts
- ½ cup dates (pitted)
- 1 tbsp unsweetened cocoa powder
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- Pinch of sea salt

### Instructions:

1. Pulse everything in a food processor until crumbly and sticky.
2. Roll into small balls and refrigerate.
3. Grab one whenever you need a little emotional reset.



## RECIPE #4

# Hormone-Soothing Golden Lentil Soup

**Why it works:** Lentils are full of fiber and B vitamins for mood support. Turmeric reduces inflammation and supports estrogen metabolism.

### Ingredients:

- 1 cup red lentils, rinsed
- 1 carrot, diced
- 1 celery stalk, chopped
- ½ onion, chopped
- 1 garlic clove, minced
- ½ tsp turmeric
- ½ tsp cumin
- 4 cups vegetable broth
- 1 tbsp olive oil
- Salt + pepper to taste

### Instructions:

1. Sauté veggies in olive oil until softened.
2. Add lentils, spices, and broth.
3. Simmer for 20–25 minutes until creamy and tender.
4. Serve with a slice of whole grain or gluten-free toast.



## RECIPE #5

# Mood-Soothing Evening Latte

**Why it works:** Warm, caffeine-free, and calming. This drink supports your nervous system with magnesium and healthy fats, perfect before bed or during that 3pm “crash.”

### Ingredients:

- 1 cup unsweetened almond milk
- ½ tsp cinnamon
- ½ tsp ashwagandha powder (optional adaptogen)
- 1 tsp almond butter or coconut oil
- Splash of vanilla extract
- Honey to taste (optional)

### Instructions:

1. Warm everything in a small saucepan and whisk until smooth.
2. Pour into your favorite mug.
3. Sip slowly and feel yourself soften.



# NURTURER'S KITCHEN NOTES

‘It doesn’t have to be fancy to be nourishing.’

## **Keep it simple.**

You don’t need to follow recipes perfectly — swap in what you have. Frozen veggies work just as well. A spoonful of almond butter can be your breakfast if that’s all you can manage today.

## **Double up.**

If you’re already cooking, make extra. Leftovers mean less decision fatigue tomorrow.

## **Use your freezer like a friend.**

Portion out soups, smoothie ingredients, or energy bites so you have a backup plan when life gets busy (which it always does).

## **Make meals feel special.**

Even if it’s just you — light a candle, play calming music, or eat outside. You deserve beauty, even in the ordinary moments.

## **You are worth the nourishment you give to everyone else.**

Let your food reflect that.



# THE SELF- REPLENISHMENT ACTIVITY

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## **Reconnecting With What You Need**

You've spent so long taking care of everyone else... It's time to turn some of that care inward.

This activity is about gently checking in with yourself, not from a place of judgment or pressure, but from a place of curiosity and compassion.

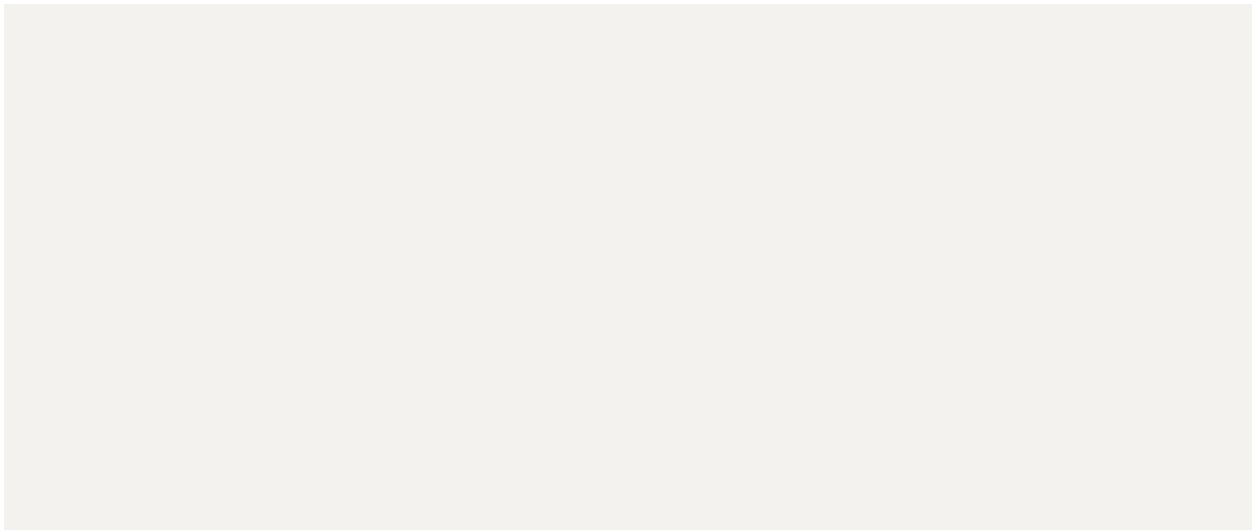
Let's create emotional space for you to reflect, replenish, and reimagine what self-care truly means in this season of life.

# STEP 1: REPLENISHMENT INVENTORY

Grab your journal or use the space below to reflect on these questions:

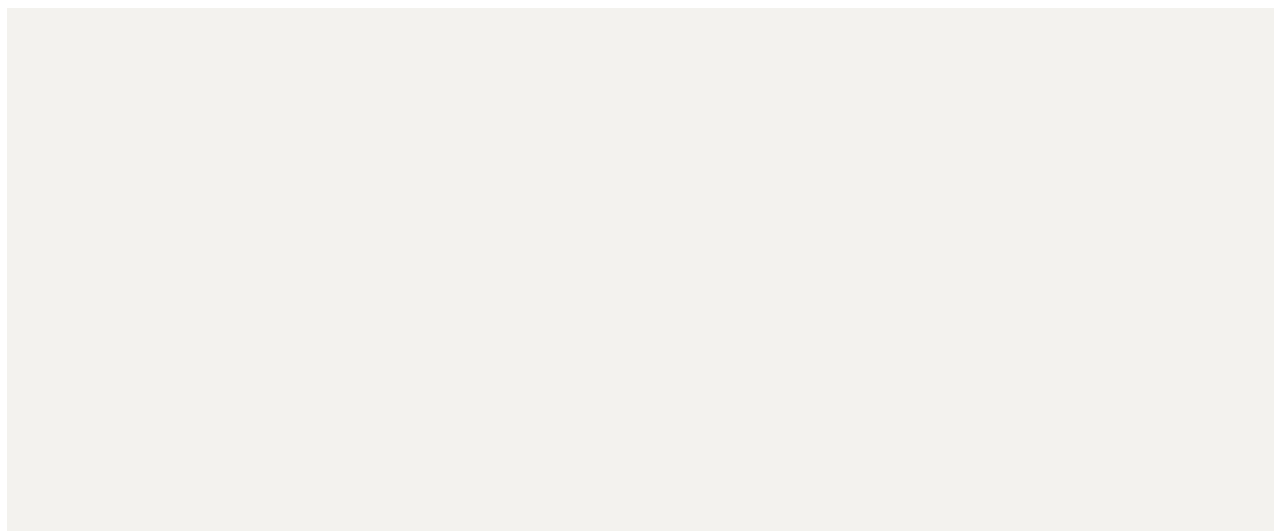
## **What drains your energy most during the week?**

- Where are you overextending yourself emotionally, physically, or mentally?
- Are there any tasks, people, or thought patterns that leave you feeling depleted?



## **What restores you, even a little?**

- Think about small moments, activities, or environments that help you breathe deeper.
- What makes you feel calm, grounded, or joyful?



Write freely. There are no wrong answers — just truth.

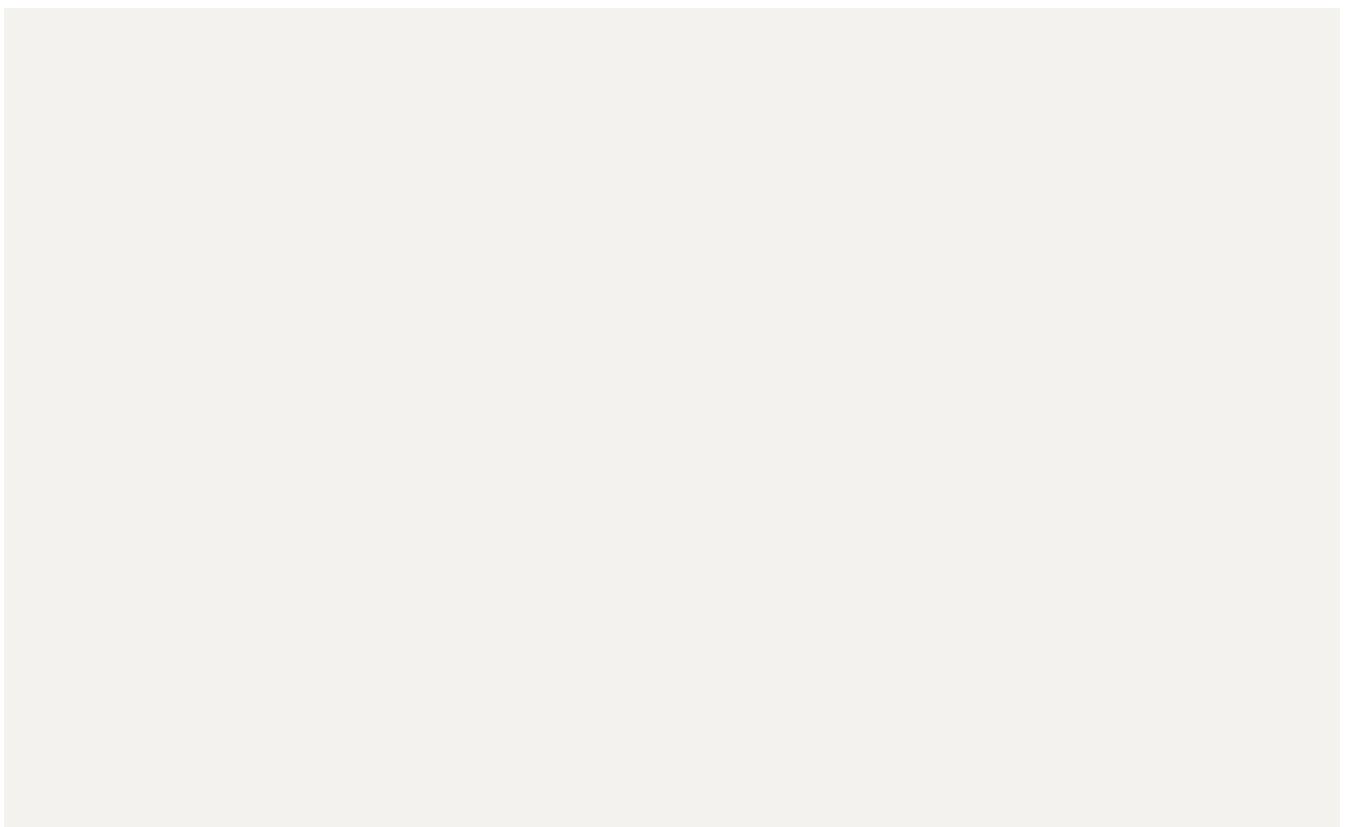
## STEP 2: REPLENISHMENT MENU

Create your own personal “**Self-Replenishment Menu**” — a list of things that help you feel supported, centred, and you.

Here are a few to get you started:

- 10 minutes of quiet with coffee in the morning
- Saying “no” to one thing this week
- A 20-minute walk without your phone
- A solo dinner with something you love
- Asking someone else to make dinner
- Taking a nap without guilt
- Listening to a favorite song while doing nothing else
- Journaling what you’re feeling — no filter
- Connecting with someone who sees you
- Scheduling a coaching call, therapy session, or solo retreat

Now write your own list below or in your journal. Choose 5 things you can turn to when you feel stretched thin.



# GENTLE REMINDER

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“Think of yourself like a passenger on a plane. You’ve heard it a hundred times: put your own oxygen mask on first before helping others.

That’s not selfish. That’s survival. That’s sustainability. That’s love — for you and for everyone who counts on you.”

“You cannot serve from an empty vessel. Take care of yourself first.”

— **Eleanor Brown**

# SUPPORT + NEXT STEPS

You've Spent Years Caring for Everyone Else — Now It's Your Turn

Let this guide be the beginning of something new... Not another thing you forget about after helping everyone else.

You've shown up for this guide, for yourself, and for your healing. That's not small.

**That's sacred.**

You've identified your Nurturer archetype.

You've explored how your symptoms are connected to more than just hormones — but also to your habits, boundaries, and the weight of everything you carry.

You've been honest. You've reflected. You've started showing up for you.

And now — you don't have to figure out the rest alone.

**Let Me Walk With You:**

1:1 Coaching with Shannon

Let's go deeper together. Whether you're struggling with brain fog, belly weight, burnout, or just feeling like you've lost your spark — I can help you build a personalized plan using natural, supportive tools.

Click [HERE](#) to schedule your free discovery call.

Explore My Other Courses

If you're ready for a clear, actionable plan to calm the stress, reset your metabolism, and feel strong in your body again, [the Midlife Body Blueprint](#) is your next step. It takes everything you learned about your Nurturer energy and turns it into a simple, personalized roadmap for feeling balanced and in control through midlife and beyond. And as a thank-you for diving into your archetype, you can use the code NURTURER for 10% off your Blueprint purchase. More Info [HERE](#)

## CLIENT LOVE

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“Before working with Shannon, I was completely overwhelmed. I was taking care of everyone — my kids, my aging parents, my job — but totally neglecting myself. I thought I was just ‘getting older’ and had to live with the brain fog, weight gain, and mood swings. Shannon helped me see that I deserved care too. Now I have routines that nourish me, energy I didn’t think I’d feel again, and I finally feel like me — not just someone else’s support system.”

— **Emily D., Coaching Client**



## FINAL THOUGHTS

You are not selfish for  
needing space.

You are not weak for wanting  
support.

You are not broken — you are  
becoming.

And I’m so honored to walk  
this journey beside you.