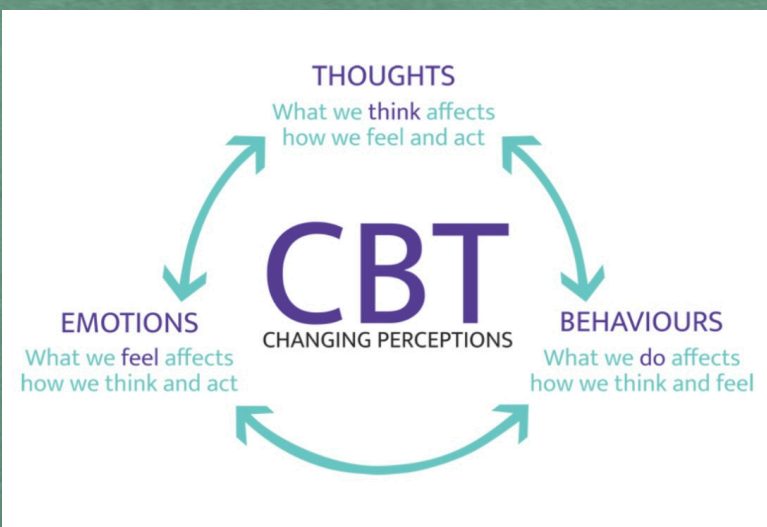


COGNITIVE BEHAVIOURAL THERAPY

WHAT IS CBT?

CBT is a talking therapy that can help you manage your problems by changing the way, you think and behave.

The Cognitive Behavioural approach highlights the link between how people think, how people feel (both emotionally and physically) and how they behave in response to these thoughts and feelings.



CBT & MENOPAUSE

During menopause, many women struggle with symptoms such as:

- Insomnia
- Hot Flashes
- Low mood
- Anxiety
- Anger
- Mood swings
- Night sweats

Recommended by NICE for the treatment in menopausal women, CBT is a wonderful way of creating healthy coping mechanisms and building positive lifestyle habits.

CBT THERAPIST &
REIKI PRACTITIONER

Kate Stewart



TRANQUILITY TOOLBOX



REIKI & MENOPAUSE



HOW CAN REIKI HELP?

Reiki can help with many mental, as well as physical ailments.

During menopause, women's bodies go through many changes, which can be uncomfortable and challenging.

Reiki helps to improve our natural flow of energy which moves around our bodies. This can enable relaxation, and also relieve any pain you may be feeling. Reiki can aid in alleviating menopausal symptoms such as:

- Insomnia
- Hot Flashes
- Racing thoughts
- Painful cramps
- Stress and fatigue
- Chronic pain
- Migraines / headaches
- Digestive complications
- Cramps
- Anxious feelings
- Mood swings



WHAT IS REIKI?

In the body, there are seven main chakras or energy centres.

These can range from the very top of our heads, right down to the base of our spines

Each of these energy centres represents a different element of our natural energy.

These chakras reside in each and every one of us and act as a natural state of balance. Therefore, when our bodies go through a change, it can cause this balance to be affected significantly.

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