

AUTONOMIC DOMAIN · THE NERVOUS SYSTEM

MeOnPause

The question isn't how to push through this transition. It's what becomes possible when you pause. When you flip the no in menopause, you find me on pause: a chance to reflect, reset, and step into a steadier version of yourself.

THE REFRAME

The fatigue, the foggy afternoons, the mood that shifts without warning. These are not personal failings. They are *biology in transition*, a nervous system working without the hormonal buffers it once had. Once you can see that, shame loosens its grip and you can begin to work with your body instead of against it.

FOUR WAYS TO BEGIN THE PAUSE

1 Name what is changing

At menopause, estrogen falls by about 90 percent, and progesterone follows. These hormones once buffered your mood, your sleep, and your stress response. Naming the shift turns confusion into understanding.

2 Separate yourself from your hormones

The inner critic that arrives at 3 a.m. is not your truth. It is a hormonal pattern. Anxiety that rises as progesterone dips is neurobiological, not a flaw in your character. You are not your hardest perimenopausal moment.

3 Signal safety to your nervous system

When hormones fade, it is easier to slip into fight-or-flight or shutdown. Simple practices, like slow grounded breathing or letting your eyes orient around the room, tell your body it is safe right now. Calm is a skill you can practice.

4 Land it on your Stack

Everything here points to one system. Five domains and six daily practices that work together. You do not have to master all of them at once. You just have to start owning one, and the whole system begins to shift.

*Try this
this week*

YOUR MICRO-EXPERIMENT

Once a day, when you feel the storm rising, pause and take five slow breaths with both feet on the floor. At the end of the week, write one line on what shifted, and why you think it did.

References & Further Reading

Module 13 · MeOnPause. The science behind the reframe, the hormonal landscape, and validation through a polyvagal lens.

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- 3 Pelz, Mindy. The Menopause Reset. Hay House, 2021. On cortisol, fasting, and hormonal balance in midlife.

- 4 Kackley, Madison B., et al. "Menopause, metabolism, and exercise." Research on insulin sensitivity decline in the menopause transition (2022).

- 5 Sims, Stacy T., and Selene Yeager. ROAR: Match Your Food and Fitness to Your Female Physiology. Rodale, 2016.

- 6 Kohrt, Wendy M., et al. Body composition and bone health in women (1992, 2004).

- 7 Yanes, Licy L., and Jane F. Reckelhoff. "Postmenopausal hypertension." American Journal of Hypertension (2011). doi.org/10.1038/ajh.2011.71

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