HEALING NATURALLY

Your Midlife Health Check-In

A moment to notice what your body and your life may be telling you.

There are no scores, right answers or expectations to change everything.

1 How have things been lately?

Think about the past couple of weeks. A few words is enough.

ENERGY When do you feel most energised or most depleted?

SLEEP What have you noticed about falling asleep, waking or resting?

DIGESTION Any changes in appetite, comfort or bowel habits?

MOOD & STRESS When do you feel more settled, tense or overwhelmed?

MOVEMENT & RECOVERY How does your body feel during and after everyday activity?

2 What stands out to you?

What has changed compared with how you used to feel?

What seems to help - even a little?

What would you most like your health to allow you to do?

3 Choose one small next step

One thing I could try, change or arrange this week:

Want help choosing where to begin?

Take the free Where Should I Start? guide to explore your support options.

Find My Starting Point >

This is a reflection tool, not a diagnosis or assessment. Seek medical advice for new, persistent or concerning symptoms.