



Kickstart your Confidence!

Jo Blackwell



www.themidlifemovement.com



Losing Confidence

So many women lose their confidence as they reach midlife.

For some it's a sudden omg, stop in their tracks moment, often accompanied by a panic attack. For others it's a gradual wearing down, a slowly dawning realisation that everything they had been certain of before suddenly isn't so certain any more.

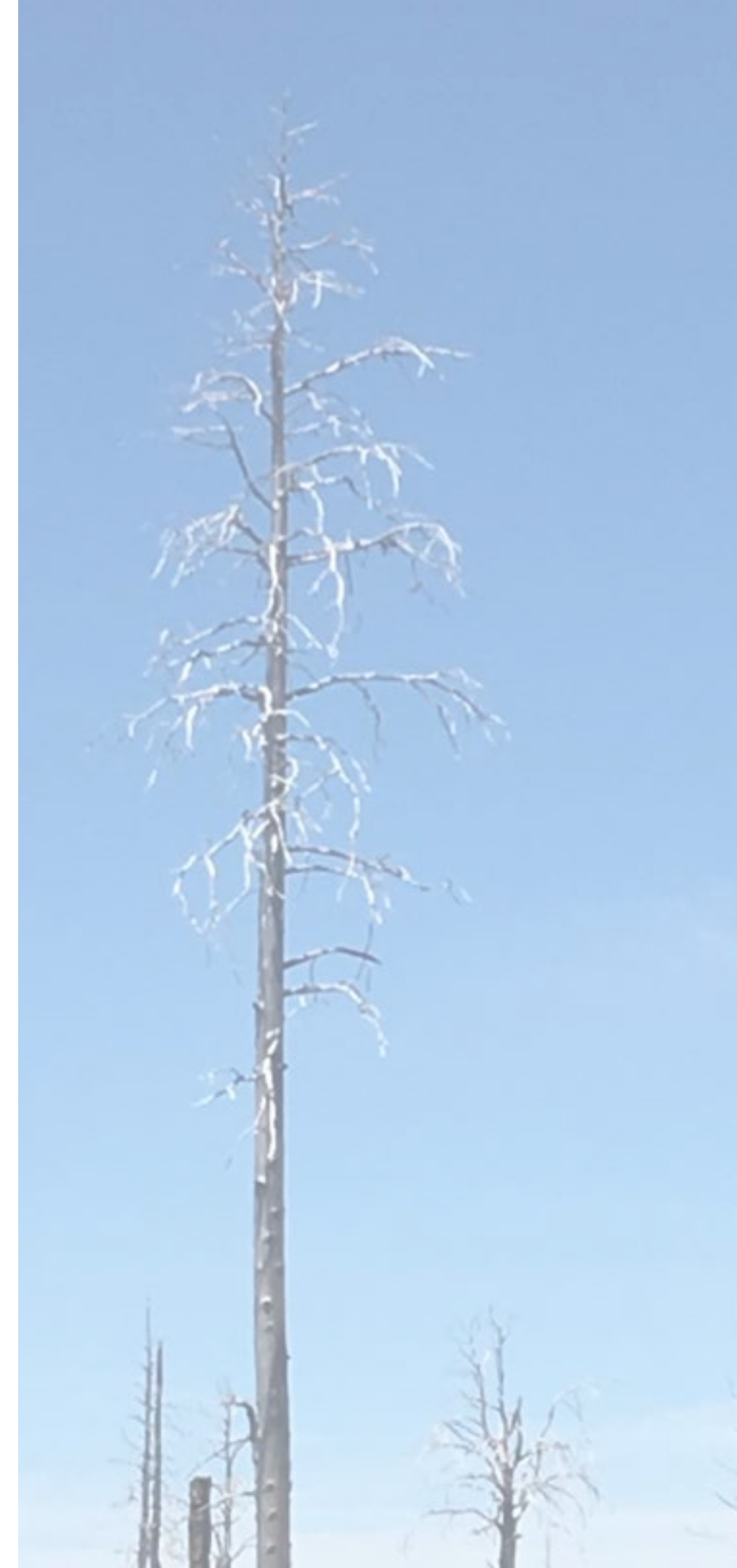
Why?

Sometimes, there seems to be no apparent reason. Anxiety, depression, a feeling of being lost can come out of nowhere (and is often linked to hormone disruption)

Let's look at what can cause this loss of confidence and what we can do to arrest it. How do we get our mojo back?

6 Possible Reasons

- **Physical Appearance**
- **Psychological Changes**
- **Physical Changes**
- **Career Difficulties**
- **Loss of Fertility**
- **General Life Changes**





01

PHYSICAL APPEARANCE

Slowing metabolism often results in weight gain, especially around the middle.

Facially, we lose collagen and start to notice a softening in the jawline, wrinkles, eye bags - if we feel we don't recognise ourselves in the mirror any more it can knock our confidence.

ideas

- **If changes in your physical appearance are getting you down, try not to avoid looking in the mirror. Make a point of looking yourself in the eye and thinking kindly about yourself. I believe we are so obsessed with looking "youthful" in the western world, we have lost the ability to see the beauty, strength and character in an older face.**
- **Look after yourself: making time for a walk in the park, to cook yourself a healthy meal, listen to music or go to the hairdresser is not vanity - it's essential for your well being!**



A woman with curly hair, wearing a white long-sleeved shirt and dark pants, is sitting in a light-colored armchair. She is looking off to the side with a thoughtful expression. The background is a bright, minimalist living room with another armchair and a small table with a tissue box and a phone.

02

PSYCHOLOGICAL CHANGES

Anxiety is common in midlife, as is loss of concentration, "brain fog" and panic attacks - all very alarming!

It is also not uncommon for a woman who has never had a day's depression to suddenly feel suicidal.

ideas

FIRST OF ALL, IF YOU ARE FEELING SUICIDAL, PLEASE SPEAK TO SOMEONE. YOU NEED AND DESERVE EXPERT HELP

- **If you are finding yourself worrying more than usual, or feeling anxious for no apparent reason, there are many techniques and therapies you can try. Hypnotherapy, mindfulness, meditation, yoga, exercise - all these are known to help in mild cases.**
- **If you are clinically depressed, don't dismiss anti-depressants as they might be needed to "lift" you just enough so that you can find the energy and motivation to access these things for yourself.**
- **Be assured, you are not "going mad" - more often than not, there is a physical cause.**





03

PHYSICAL CHANGES

It can be really disconcerting when your body starts to let you down - aching joints, irregular and erratic periods, loss of temperature control - to name but a few physical changes.

ideas

- Exercise and a good diet, high in plant-based foods and phytoestrogen-rich, will help you to take control of aches and pains and lays the foundation for good health in our older years.
- Furthermore, the feeling of being pro-active will be good for your confidence. Your mental health may also be improved.
- However, don't expect to lose weight as easily as you did at 30. Not all calories are equal and what you eat and when is as significant as how much.





04

CAREER DIFFICULTIES

Some women might have been successful in a career for years, yet suddenly start to doubt their ability.

Many workplaces still don't support menopausal women, which perpetuates stigma so that many women feel they have to hide their age and any symptoms they might be experiencing.

ideas

- According to a recent study, 1 in 4 women consider leaving their jobs due to menopausal symptoms.
- There are, however, some signs that an increasing number of employers are taking this issue more seriously. Do you know the policy in your workplace? Whether you are suffering or not, could you help to implement change - or at least suggest it?
- It is also worth considering, if work is getting you down, is it time for a change? Midlife can present a tremendous opportunity to travel in a new direction if we can embrace change.





05

LOSS OF FERTILITY

Having choices over our lives removed is disempowering. Many women mourn the end of their fertile years, even if we've had children.

If we've put off having children, or decided not to have them at all, there is a difference between that being our choice and nature making it impossible, and many women who have been happy with their decisions are surprised by a feeling of loss.

ideas

- Loss of fertility is a very tangible reminder that we are getting older. Often, it is not the fact that we can no longer have children, but the loss of CHOICE that batters our confidence.
- If, however, becoming a mother was something that was dearly desired, the grief experienced as all hope fades can be overwhelming. Please don't be afraid to seek support so that you are able to move forward into this new phase of your life.





06

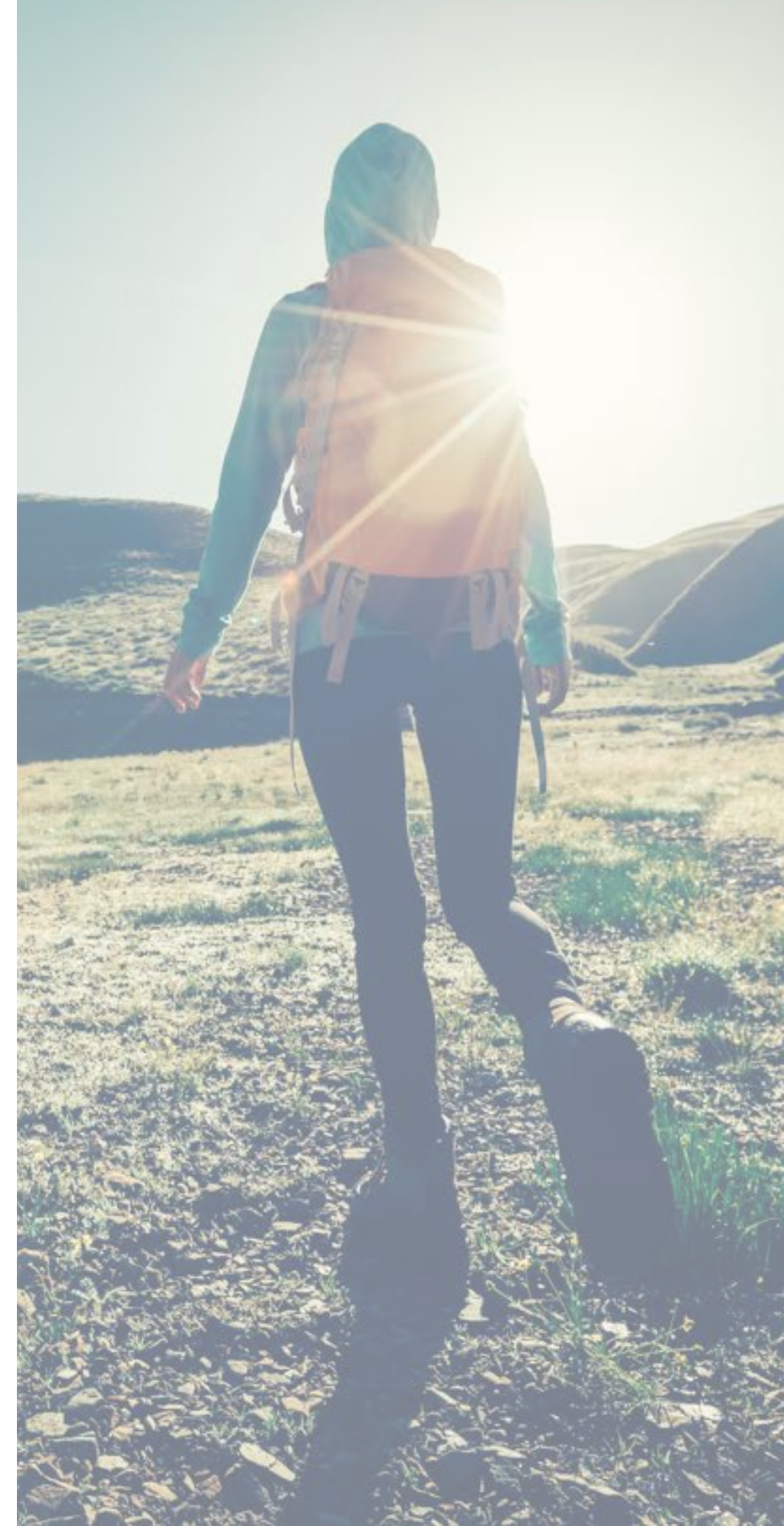
GENERAL LIFE CHANGES

Very few people get to 50 without some experience of hardship or loss.

Bereavement, joblessness, empty nest, divorce - big life changes often knock our confidence because what we have always believed to be normal life for us is turned on its head.

ideas

- Coming to terms with the past is an essential part of moving forward in life. If there are unresolved issues from our childhood, our love lives or other personal events that have caused us pain, midlife seems to be the time when we can no longer sweep them under the emotional carpet.
- Now is the time seek counselling if needed to bring everything out into the open in our own minds so that we can put the past to rest, leaving room for new experiences.
- Equally, don't be afraid to seek support to help you through any changes which you are finding difficult.





Rebuilding

Losing confidence during the midlife transition is common, but doesn't have to be inevitable. As we age we can become somewhat entrenched in the views we have developed and our own sense of what is right, comfortable and desirable.

I believe that the greatest skill needed to make the most of our midlife and beyond is the ability to embrace change. Adaptability, resilience, an open mind - these are the essential tools we need to be happy.

The background of the slide features two women smiling and pointing towards the camera. On the left is an older woman with short, white hair, wearing glasses and a dark sleeveless top. On the right is a younger woman wearing a purple hijab and a white long-sleeved top. They are standing in front of a light-colored brick wall. The text is overlaid on this image.

Good News

The good news is that if you do find yourself struggling, these are attributes that we can develop or strengthen at any age, rebuilding our confidence and paving the way for a happy, more contented life.

Remember - you don't need to struggle alone! There is a community of women just like you helping each other to work it all out! You can join our free and friendly Facebook Group by [clicking here](#)

Who am I?

My name is Jo Blackwell and I am a mother, grandmother, wife - and in my prime!

I work as a professional brand and portrait photographer, a writer, podcaster and, through the Midlife Movement, a mentor and coach to women who are entering their middle years feeling a little fearful about growing older.

I want to be there for you, like others were there for me. I don't believe any woman should have to go through this transition alone, wondering if she's going crazy!

That's why I have a gift for you...





My Gift to You

If you are struggling with your midlife transition, I want you to know that you don't have to travel this path alone. I want to support you on your midlife journey - I know I can help you feel good about life again!

You can now book a “Rediscovery” call with me, personally.

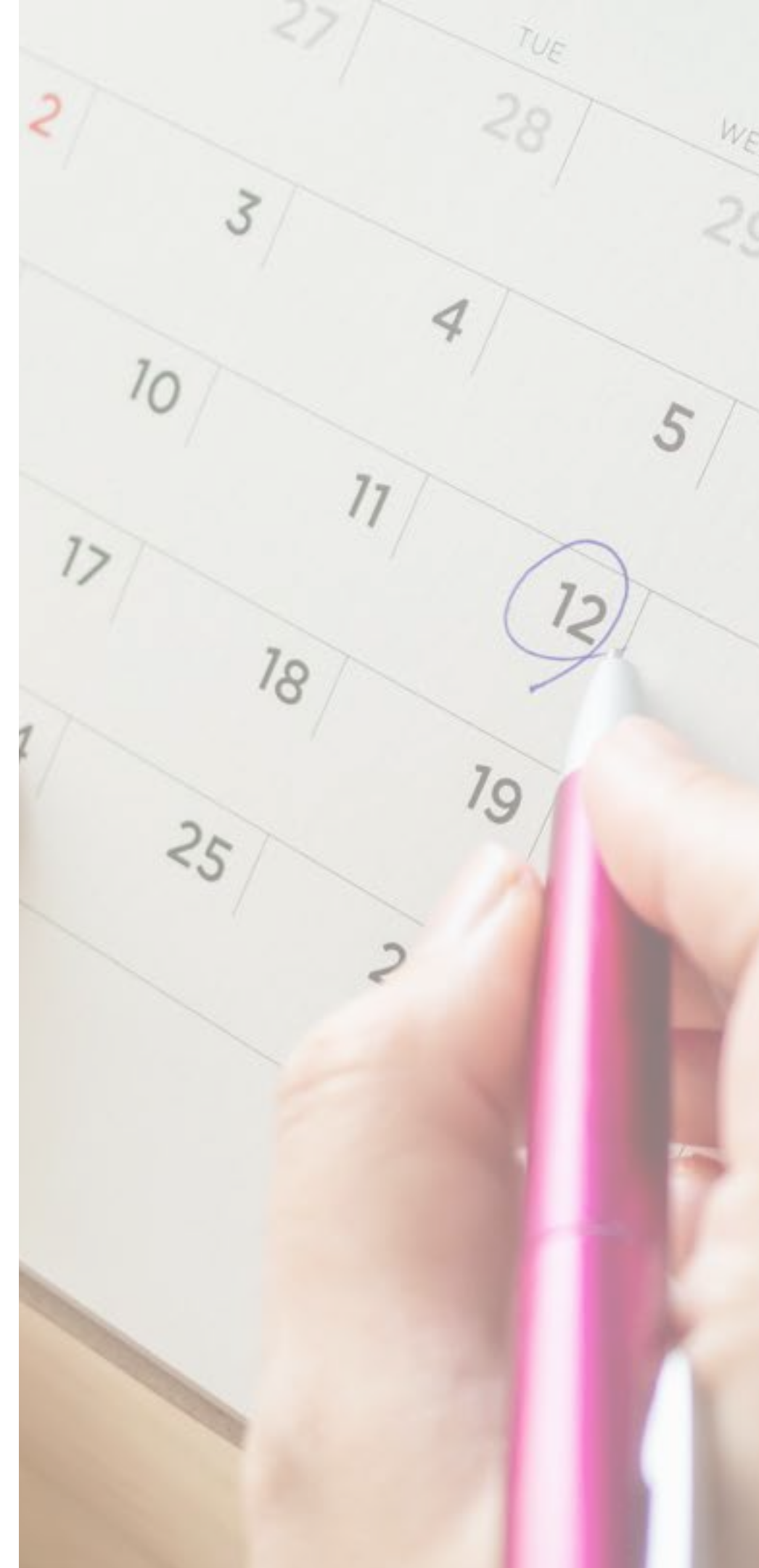
During this 45 minute session you'll:

- uncover what's stopping you from being happy and free
- start rebuilding your confidence so you begin the process of believing in yourself once more
- begin to get clarity on who you are now, and how you want to spend the best years of your life
- re-kindle that bubble of excitement for the journey ahead
- regain confidence and optimism

You'll walk away feeling hopeful, inspired and empowered. Is that a gift worth giving yourself?

Book your call here:

https://calendly.com/jobblackwell/rediscovery_call



THE
Midlife
Movement

