



MY BODY OF MIND  
HOLISTIC HEALTH

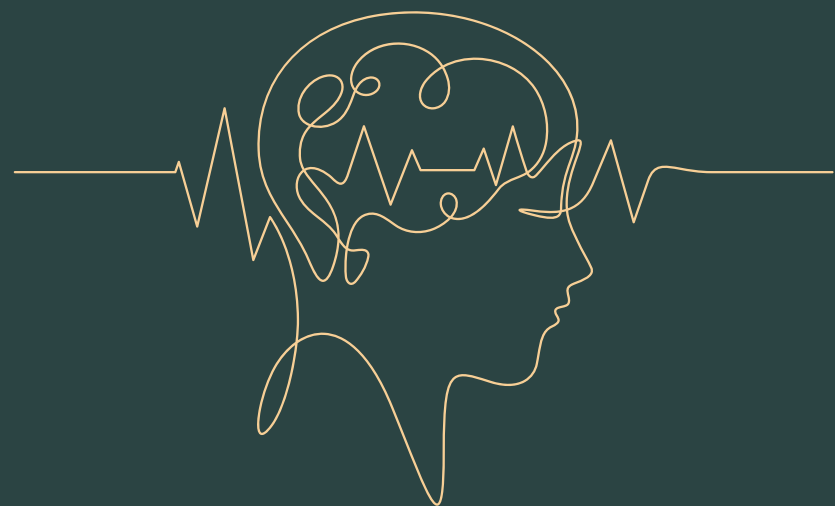


## THE MIDLIFE RESET

Understanding Your Body, Your Roles,  
and the Nervous System That Holds It All

A 2-Hour Immersive Cognitive Behavioral Hypnotherapy Experience

Presented by Ayoub Abdelmoula



## WELCOME & SETTING THE SPACE

Creating safety before insight



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This is your time to breathe, to soften, and to come home to yourself

- You don't need to be on high alert right now
- A slow breath tells your nervous system you are safe
- This space is for presence, not performance
- You are allowed to arrive exactly as you are

# Reflection Question

As we begin, what does your body need right now, physically or emotionally, to feel safe enough to settle into this time?



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## THE MANY ROLES YOU CARRY

Honoring every role you hold, while  
making room for the one who carries  
them all



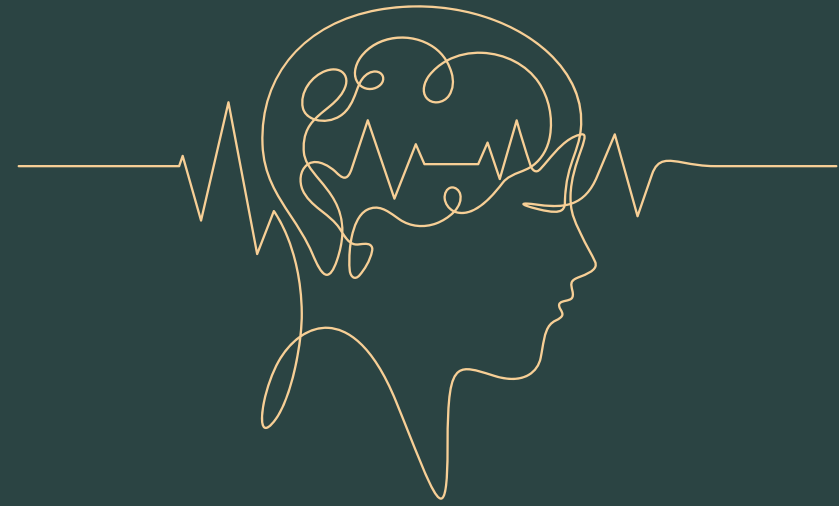
You deserve space within the many lives you hold inside you

- You move through many roles, often within the same day
- Each role shift asks energy from your nervous system
- Your roles reflect care, responsibility, and commitment

# Reflection Question

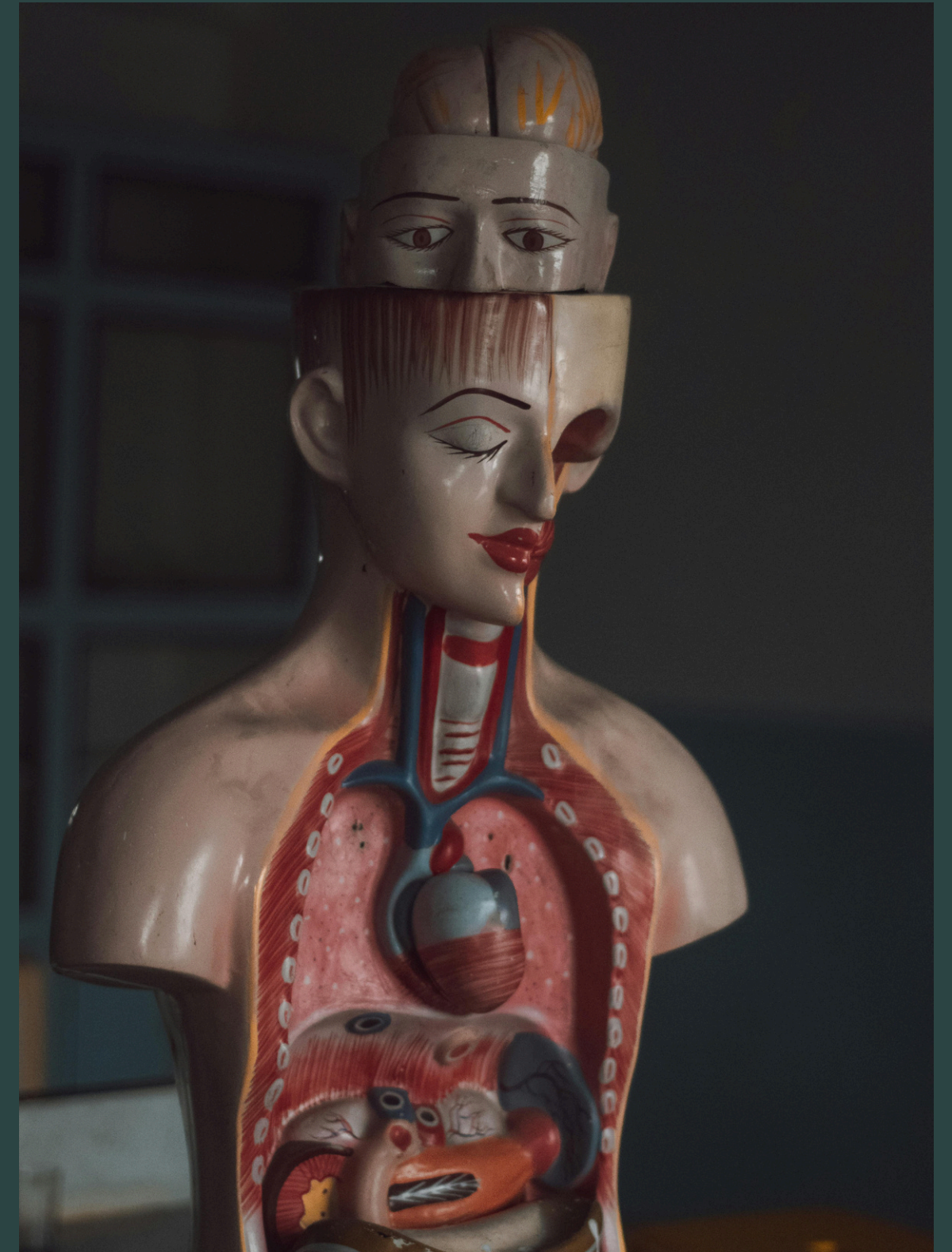
Which role has been asking the most of you lately? And which part of you has been waiting, patiently, to be acknowledged or cared for?





## UNDERSTANDING MIDLIFE PHYSIOLOGY

Midlife is not breakdown, it is biological reorganization



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# Why midlife can feel confusing, uncomfortable, or unsettling

- Energy, sleep, and emotions may feel less predictable
- Your body may need more recovery than it used to
- Old “push through” strategies stop working as well
- This can feel alarming without context or explanation

# How understanding your physiology creates steadiness and self-trust

- Your body is recalibrating, not breaking down
- Increased sensitivity reflects greater nervous system precision
- The need for rest signals recovery changes, not weakness
- Understanding reduces fear and self-criticism
- Listening replaces pushing and restores regulation
- Steadiness grows as you learn your new rhythm

## Reflection Question

How might your relationship with your body change if these midlife shifts were seen as signals to respond to, rather than problems to fix?



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## METABOLISM, WEIGHT & THE BODY'S WHISPER

Midlife metabolism responds to  
partnership, not pressure



# Why midlife metabolism can feel confusing or frustrating

- The body's signals become subtler and more specific
- Skipping meals or pushing through fatigue has stronger effects
- Blood sugar and stress hormones fluctuate more easily

# How listening restores metabolic balance and cooperation

- Regular nourishment signals safety to the body
- Predictability steadies blood sugar and stress hormones
- Consistency matters more than perfection
- Kind self-talk supports metabolic regulation
- Cravings become informative, not urgent
- Balance improves through cooperation, not control

# Reflection Question

When you listen to your body without judgment, what patterns or needs begin to make sense, ones that once felt confusing or frustrating?





# PARENTING THROUGH EMOTIONAL WEATHER

You can be steady even when your child is not



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# Your child's emotions are not a reflection of your failure

- Big emotions are part of healthy brain development
- Children's regulation systems are still forming
- Emotional storms are expected, not preventable
- Your presence provides stability during intensity
- Repair matters more than perfect responses
- Safety comes from your calm, not control

# How your regulation supports your child's emotional growth

- Nervous systems naturally attune between parent and child
- Pausing before reacting restores regulation
- Your calm becomes your child's borrowed stability
- Tone, posture, and presence communicate safety
- Repair after rupture builds emotional resilience
- Steadiness is active, not passive, leadership

## Reflection Question

Where might your calm presence, rather than fixing, explaining, or correcting, offer your child the greatest sense of safety today?



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## CARING FOR AGING PARENTS WITH COMPASSION

You can offer care without losing  
yourself in the process



## Love, role change, and emotional strain

- Roles shift: you remain a child while becoming a caregiver
- This transition activates attachment, grief, and responsibility
- Mixed emotions are common and expected
- Love and fatigue can coexist without conflict
- Emotional strain reflects complexity, not failure

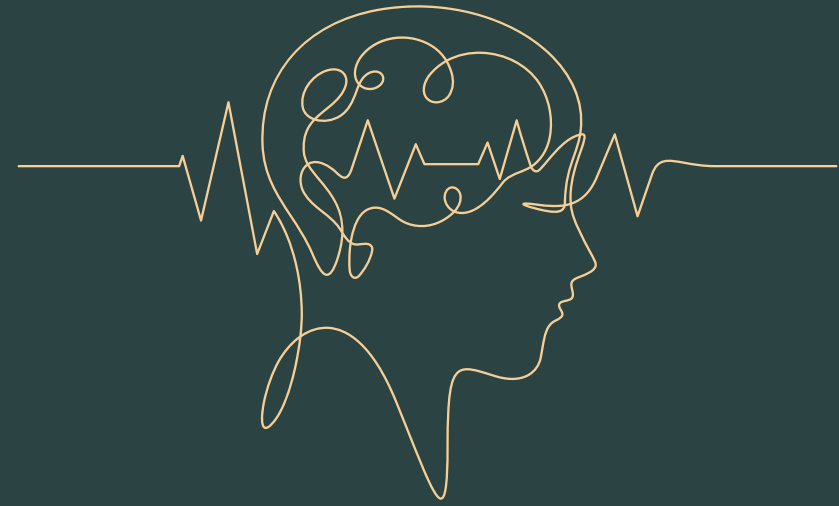
# Boundaries, regulation, and self-compassion

- Care that lasts requires recovery, not constant availability
- Boundaries protect connection rather than diminish it
- Predictability helps the nervous system settle
- Guilt-driven thoughts increase strain, not devotion
- Small pauses and regulation support steadier care
- You are allowed to remain intact while you care

## Reflection Question

What might shift if you offered yourself the same patience, understanding, and compassion you so readily give to your parent?





## THE BURDEN OF THE BUSY SCHEDULE

You are allowed to rewrite the story your stress has been telling you



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# Your worth is not measured by how much you can carry at once

- Constant busyness keeps the nervous system in vigilance
- Shallow breath and muscle tension are signs of overload, not weakness
- Ongoing urgency prevents the body from fully recovering
- Self-critical thoughts often arise from exhaustion, not truth

# You are allowed to rewrite the story your stress has been telling you

- Sensations like tightness or shallow breath are signals, not failures
- A slow exhale helps the nervous system shift out of urgency
- Pausing creates space for choice and clearer thinking
- Gentler thoughts reduce stress and restore regulation
- Pacing allows you to carry life with steadiness, not strain

## Reflection Question

Which small story about urgency, responsibility, or “not enough time” could soften this week, allowing you to carry your life with a little more ease?



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## RETURNING TO INNER RHYTHM

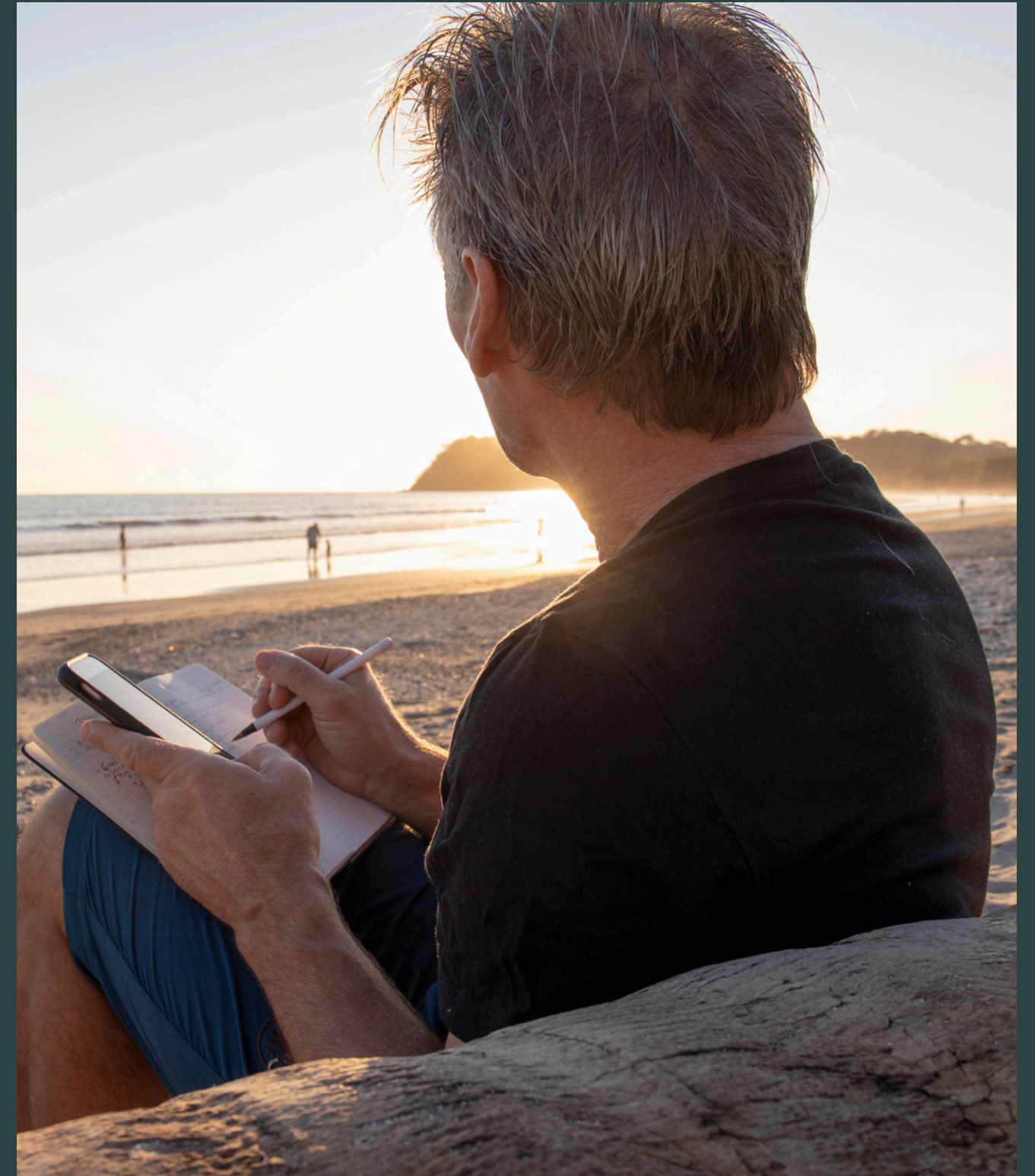
A Hypnosis for midlife grounding,  
trust, and renewal





# The Ground-Listen-Choose Worksheet

A Compassionate CBT Practice for Navigating  
Midlife



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# THANK YOU FOR WALKING THIS PATH

A closing moment to acknowledge your presence, honor what you've been carrying, and leave with a renewed sense of steadiness and self-trust.



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