

# 1 Is It Stress, Hormones, or Both?

A CMBT™ HORMONAL MENTAL HEALTH RESOURCE

Many factors can influence how you feel. Understanding the whole picture brings clarity and compassion.



## REFLECTION QUESTIONS

- When did I first notice the change?  Do I feel like myself?
- What else was happening in my life?  What factors feel most impactful?
- Have I noticed changes in sleep?  What support do I need right now?
- Have I noticed changes in my cycle?  Where can I begin with small steps?

*Your symptoms are real.*

Sometimes stress impacts hormones.  
Sometimes hormones impact stress.  
Sometimes both are happening at the same time.  
**Curiosity creates understanding.**

© 2025 Behold Your Wonder®, All Rights Reserved.  
CMBT™ (Core Messaging Based Therapy™) and related materials are proprietary intellectual property of Behold Your Wonder®, No reproduction, distribution, modification, training use, certification use, or commercial use is permitted without express written authorization.

# 2 Why Am I So Emotional Right Now?

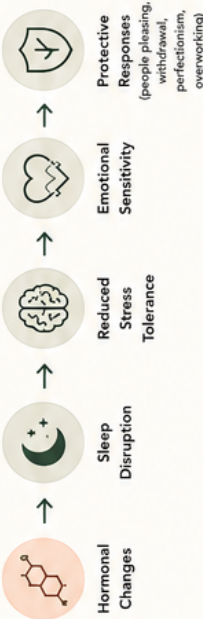
A CMBT™ EMOTIONAL ECHO REFLECTION GUIDE

Your emotions are not random. They are messages. Let's get curious together.

## EMOTIONAL ECHOES



## WHAT MAY BE CONTRIBUTING



## REFLECTION SPACE

What has changed recently?

What emotions have been showing up most often?

What support feels most needed right now?

*Your emotions are not weaknesses.*  
They may be signals worth listening to.

© 2025 Behold Your Wonder®, All Rights Reserved.  
CMBT™ (Core Messaging Based Therapy™) and related materials are proprietary intellectual property of Behold Your Wonder®, No reproduction, distribution, modification, training use, certification use, or commercial use is permitted without express written authorization.

# Supporting Yourself Through Hormonal Transitions

A CMBT™ SELF-COMPASSION RESOURCE FOR WOMEN

## WHEN SYMPTOMS INCREASE

Instead of asking:

What's wrong with me?

Try asking:

What might I need right now?

## EMOTIONAL NEEDS GUIDE

When I Feel...	I May Need...
Sad	Comfort, support, connection, gentleness
Anxious	Safety, predictability, grounding, reassurance
Irritated	Boundaries, rest, space, protection
Overwhelmed	Slowing down, support, simplification, asking for help
Exhausted	Restoration, nourishment, sleep, permission to pause

## GENTLE REMINDERS

My body is communicating.	I do not need to earn rest.	This season will not last forever.
Support is not weakness.	My needs matter too.	

*You are allowed to take care of you.*  
You are allowed to heal. You are allowed to thrive.

© 2025 Behold Your Wonder®, All Rights Reserved.  
CMBT™ (Core Messaging Based Therapy™) and related materials are proprietary intellectual property of Behold Your Wonder®, No reproduction, distribution, modification, training use, certification use, or commercial use is permitted without express written authorization.