Turtle Theory



One purposeful step

What is Turtle Theory?

The turtle reminds us to move at a pace we can manage. When something matters but feels hard to begin, we can pause, notice what would help and choose one small, purposeful step.

Why we use it at The Well Balanced Being™

During perimenopause and menopause, how we feel and what we have energy for can vary from day to day. We like this practice because it makes room for the whole person. It gives you time to notice how your body feels, what's on your mind and what's happening around you.

One day, your step might be writing down a question for an appointment. On another, it might be asking someone to take something off your list or setting aside time to rest.

Breathe | Ground | Move

Breathe Pause and notice how you're arriving today.

Ground Ask yourself what matters and what would help.

Move Choose a step that fits the day you're having.

Start in the group. Come back to it during the week.

Use the first worksheet to choose a step. Use the reflection page later to see what helped and decide what you need next.

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Your needs can change from day to day. Take five minutes to notice what matters to you and choose one step that fits the day you're having.

Keep your answers private or share a line if you'd like.

Breathe

How am I arriving today?

Feel your feet on the floor. Let your breath settle in its own rhythm. Notice your energy, mood or how your body feels.

Ground

What would make today a little easier for me?

Think about what's been on your mind and what might help. That could be rest, practical support or time for something you've put off.

Move

What's one small step I can take, and when?

For example, "After lunch, I'll write down one question I want to ask at my next appointment."

If it feels too much on the day, I can make it smaller by…

A step can be asking for help, making time for rest or getting started.

TWBBMethod™ Home Practice | Menopause Group

Turtle Theory

A moment to look back



Come back to the step you chose when you have a quiet moment this week. You might have taken it, changed it or realised you needed something different.

Take five minutes to reflect on what helped and what you need now.

Breathe

How am I arriving today?

Let your feet rest on the floor. Take a moment to notice how you feel as you look back on the week.

Ground

What did I learn about what helps me?

Think about the step you chose. What made it easier or harder? Was there a time of day, a little support or a change of pace that helped?

Move

What would feel helpful from here?

You could repeat the step, make it smaller, ask for support or give yourself more time.

One thing I want to remember the next time I feel stuck…

The Well Balanced Being™

Breathe | Ground | Move

A whole-person approach to wellbeing

I'm Suzanne, founder of The Well Balanced Being™ in Rossendale, Lancashire. My background in nursing and psychological practice shapes how I work. I bring together hands-on treatments, yoga and guided home practices to support physical and emotional wellbeing.

You can explore facial and body treatments, restorative yoga and resources such as our wellbeing journal. Each gives you a way to make time for what helps you, at a pace that fits your life.

Explore our website

Scan the QR code for appointments, yoga and home practices.

thewellbalancedbeing.com