

OVERCOMING AMENORRHEA BONUS MATERIALS

Be Brave. Be Strong. Be You!



FINDING SELF COMPASSION

by Tina Muir

When we are working through amenorrhea, our self esteem can be low, and it is sometimes difficult to even know who you are, when such a big part of your life is removed. Life can feel a little empty, and there are many moments we wonder if it is even going to be worth it if it makes us feel so miserable in the process.

It is really important during this time that we give ourselves some slack. Have you ever noticed how cruel you are towards yourself, but if you ever heard someone talking to someone they "cared about" in that way, you would be HORRIFIED. You would likely encourage your friend to never talk to that person again.

We need to get you to change the way we look at ourselves. To show that you, yes YOU are enough. You do not need to change, or be someone else, but you need to see the beauty in you that we and especially your loved ones who know you best see.

The following is an adapted version of the exercise my friend, Guy Winch, author of Emotional First Aid (and podcast episode 92) created to help those of us struggling with self esteem. I would strongly recommend taking a read of his book, this being just one of many reasons.

Over the course of four consecutive days, complete this exercise, and see how you feel at the end of it. It will help you to see your situation differently. Sometimes it can feel like we have the short end of the stick, and we are never going to be free from our amenorrhea. I still feel that way at times, but this exercise will allow you to change your perspective, and how you are judging yourself during recovery.

I would suggest completing this in the morning on each day.

EXERCISES TO TRY:

Finding Self
Compassion

Finding Your
Strengths



Day 1

Write out what you are going through right now with recovery.

Talk about what you had to give up, what you are trying to work through, what you are struggling with. Everything and anything that is going on with you. If you have tried the journaling I talked about in the book, this will be a little easier.

Make this more in depth. Write as much as you need to about what is going on...yes, that may require a short break if your hand hurts!



Day 2

Imagine you have a daughter and in 20 years time, she is recovering from amenorrhea and is an avid runner (or active person).

Much in the same way I have written this book, write what she is experiencing. Describe the situation she is in, the way she will be feeling.

Try not to give her any advice (yet!), just describe what she is going through, what she will be worrying about or thinking about. Just so she knows someone else understands, someone gets it. As you know, that can go a long way to helping us to feeling better, you wouldn't have purchased this book otherwise!

YOU Are Enough!

Day 3

Knowing that you hate seeing anyone you care about in pain or struggling with something, write your daughter a letter to feel better about herself.

What advice would you give her during this time? What would you like her to know and remember? Tell her how you want to be there for her, and will be there for her to support her through this time.

Imagine she LOVES to run as much as you do, what would you remind her about running if she thought she could never go back to it? What if she is feeling like she isn't enough? That without her running, who is she? What would you say?



Day 4

Describe your situation again, this time being as objective as you possibly can. Do this exercise without any kind of judgment. It is important to be as positive as possible.

You might want to talk about how long out of your entire life you will be not be able to run. Even if it is a year, that is still potentially less than 1% of the years you live. Having to take time off running or having to gain weight is factual, you ARE doing this, but the way others see you or feel about you is subjective, and likely to encourage you to be judgmental, so avoid that.

Maybe you will describe the foods you are eating, how food=fuel, and the more fuel you put into your body, the more energy it will have. Eating more food is a fact, you need to eat more food to recover, but others thinking you are eating too much, is again, judgemental and negative.

For example, if you are feeling like everyone is going to think "you look fat", that is not any kind of fact, that is you subjectively assuming people are going to notice. Instead, you would talk about how you are gaining weight, but it is just extra support around your bones, nothing else.

This exercise is a little more difficult to put into words, but you want to take it in your own direction based on what stage you are in. This might be shorter than the other days, and that is okay.



Do not read this next section until you have completed all four days.

Now you have completed all four days, look at the difference between the styles of writing. Look at how harsh and critical you were towards yourself, and how compassionate, understanding and forgiving you were when you were writing to your daughter.

You do not have a daughter right now (or if you do, even better), but you do have yourself. The letter on day three is the letter you have written to the teenage girl inside you who is feeling insecure. Read this letter often during the recovery process, and repeat this exercise if you need to. If you do repeat it, be sure to really put yourself in the mind of writing to your daughter, do not allow yourself to “cheat” and be cruel to “your daughter” because you are conscious it is really for yourself.

FINDING YOUR STRENGTHS

by Tina Muir

Make a list of all the qualities you know you possess.

What are you good at? What are you known for? What have you worked really hard to be good at?

Yes, running might be a few of those, but go far beyond that. This might feel a little uncomfortable at first, but this should be completed over the course of a few days, so you can add to it as need be.

Here are some examples:

- I am a loyal friend
- I put my family first
- I can read fast
- I am a great cook
- I remember friends birthdays
- I can be funny
- I like to give to others
- I am a good hugger

Aim for 50 (yep, I know that is a lot, but believe me, you DO have at least 50 wonderful qualities, you just have forgotten some). Over the course of a few days, things will come to mind, and you may remember things that happened years ago. Those were still you!

If you are struggling, take one of those points you have already noted down, and find some other points around it. For example, I put my family first, might end up:

- I tell my mum I love her often, which makes her feel good
- I get up 10 minutes early to make my partner coffee every morning
- I always go shopping for my niece and sister before I shop for myself

It can go beyond “qualities” as such, and move more into reasons you are a good person.

After you have completed your list, choose one of those 50 each day during your recovery, and write a paragraph about why that is an important quality to have. Write about how it has helped you (and others!!) in the past, and how you might use it in your future.

Do this during your recovery process every morning, and you will slowly start to see that you ARE a good person, and regardless of whether you run another step in the rest of your life, you ARE valued. And you are enough.

Continue to do this every day during your recovery process.

Next, ask five of your family and friends to write down (and hopefully explain) three strengths you have. This might feel awkward to ask them. Okay, I KNOW it will feel awkward asking them, I found this really uncomfortable too, but it helps a LOT with allowing yourself to see what others see. These are most likely things they are not going to tell you unless asked, but it will help you to see the strengths you do have, the things they admire about you.

To make it a little easier, use this template, and send it to them in email...that way you do not make either of you feel uncomfortable and they can think about it before they respond. Besides, that way it is me asking, not you. I got this idea from Pat Flynn of Smart Passive Income, and my loved ones even responded to this as if Pat had emailed them directly! It works! I have attached this as a word doc in your bonus materials, as we cannot copy text on a PDF.

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Hello!

My name is Tina Muir, author of *Overcoming Amenorrhea*, a book that INSERT YOUR NAME is reading about getting her health back. Don't worry, I am not asking you to buy my book :P. I asked INSERT YOUR NAME to send this to you because she needs your help and trusts you to give her your honest opinion. This won't take more than a minute of your time.

I am trying to show INSERT YOUR NAME that she is a beautiful, wonderful, strong person, who does not need to be a runner or look a certain way to be appreciated. I have challenged her to write a list of things she is good at and qualities she possesses. The best way for her to really see this is to hear it from those who are closest to her, which is why I asked her to email her most treasured loved ones.

If you could reply to this email with what you believe to be her three biggest "superpowers" or strengths that you believe to be unique to INSERT YOUR NAME, it will go a long way. Only INSERT YOUR NAME will see your reply. Not I or anyone else she has emailed will see what you've written.

If you are suspicious and do not trust that I am real, feel free to email me tina@tinamuir.com and I will get back to you :)

INSERT YOUR NAME is working really hard on their recovery, and I am trying to help her feel good, thank you to you too for being there for her. As someone who has been through this, your loved ones mean more to you than ever during this time.
Thanks so much!

Tina Muir

Once you have these responses back, it will not only make you feel good about yourself, but will hopefully remind you of more traits and qualities you have that make you the amazing person you are. Read them any time you are feeling that loss of identity because running is not available right now. THESE people are, and they love you SO MUCH. Go spend time with them (or call them if you cannot physically see them). It will mean the world to you both.



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Running for Real Podcast w/ Tina Muir