



# Iris Alheidt-Pehrishch - Welcome to life

## Beyond Coaching

### Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrishch

### Recommendation of the week:

**The Instagram Live Talk**  
Every Tuesday at 6:30 PM

With: Iris Alheidt-Pehrishch  
And Guest Coach: Stefanie Neher

 coachingandiris



### Imprint

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<https://www.iris-alheidtpehrisch.com>

### Menopause as understanding puberty in reverse.

You can think of menopause like "puberty in reverse." During puberty, your body changes due to a rise in hormones, particularly estrogen and progesterone. This leads to physical and emotional changes as your body prepares for reproduction. In menopause, the opposite happens: hormone levels drop, and your body ceases reproduction. These hormonal changes also lead to physical and emotional adjustments, similar to puberty. Both phases are transitions — just in opposite directions.

**Why should you remember your puberty during menopause?** It is beneficial for your mental well-being to reflect on puberty during menopause because both phases involve transitions with similar hormonal and emotional changes. In puberty, you likely developed coping and survival mechanisms that could be relevant again. Additionally, unresolved issues from puberty may resurface, offering you a chance to address them with the maturity you've gained since then.

### Positive impact of animals during hormonal changes

Did you know that animals can be very beneficial to you during hormonal changes? They help stabilize your mood during times of fluctuation.

**How does this work?** Interacting with animals promotes the release of oxytocin, which enhances your well-being and reduces stress. Animals can sense changes in your moods and respond with a calming presence, which can help you feel more grounded during emotional phases.

From my own experience, I can highly recommend the Shih Tzu breed. They are hypoallergenic and known for their particularly gentle nature. Leja, my Shih Tzu and therapy companion, has been by my side for almost 12 years and remains the perfect therapy dog. Many of my clients have regularly benefited from her calming presence during coaching sessions and have always gratefully appreciated it.

