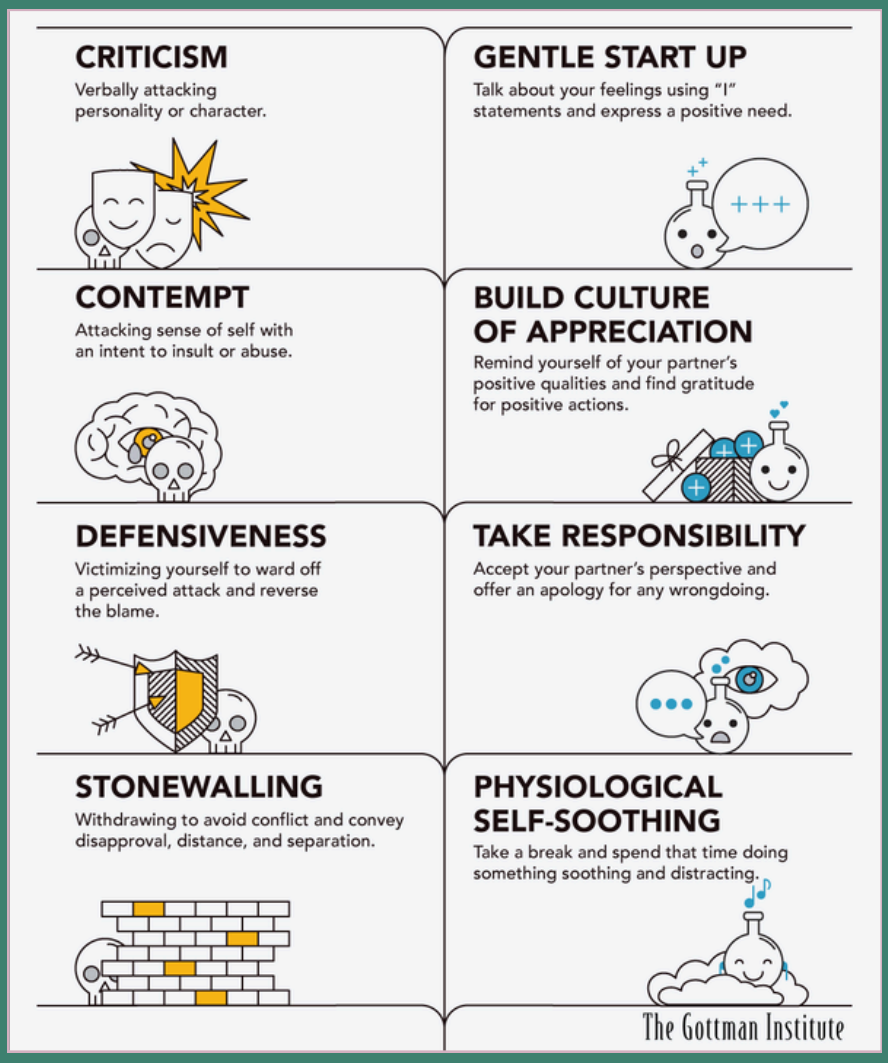
Watermark counseling

Mental Health

IN PERIMENOPAUSE

FOUR HORSEMEN

Four ways conflict quietly shows up between partners, and the shift that interrupts each one.



CAN'T SLEEP?

R.A.I.N.B.O.W.
Close your eyes, get comfortable, take a few deep breaths. Think of as many words as you can that start with "R." When you run out of words, move to "A." Proceed through the word "RAINBOW" until you fall asleep or have to pick a new word.

STRESSED OR ANXIOUS?

- **5** Things you can see
- **4** Things you can feel
- **3** Things you can hear
- **2** Things you can smell
- **1** Thing you can taste