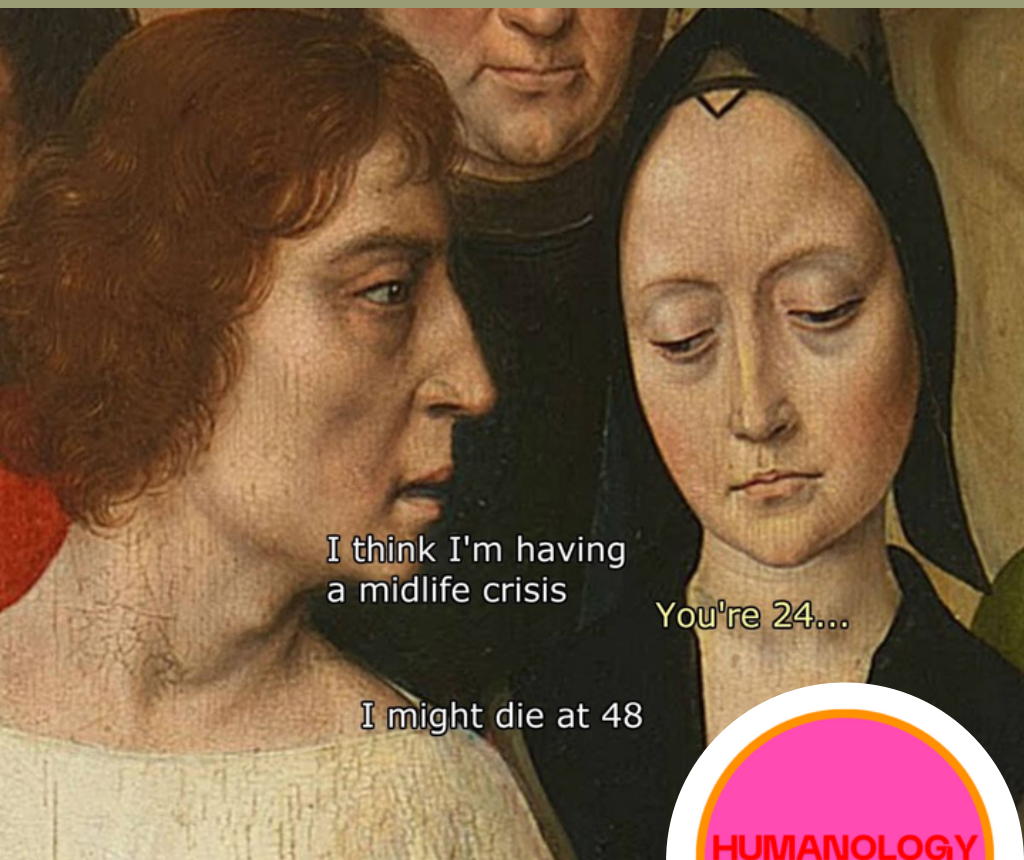


A HOW TO AND -NOT-TO GUIDE TO

THE MIDLIFE MADNESS - AWAKEN OLDIE :)



I think I'm having
a midlife crisis

You're 24...

I might die at 48

Claire Whitaker
and Kathryn Asher



HUMANOLGY
HR



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A Different Way of Seeing Midlife

Audio collection

Links and further resources

This piece has been a collaboration brought to you by Kathryn Asher, Claire Whitaker, Loic Marzin, Ron Barrett and Alan Hobson

It is a perspective piece written with heart and humour for those struggling with navigating biological, psychological, mental, emotional and spiritual shifts during middle age.

Predominantly written for women though not excluding men, we do hope you will find this piece insightful, hopeful and give you the spark to get your ageing, weary legs up and about ready for your new path and direction so that

THESE CAN BE THE BEST YEARS OF YOUR LIFE!

The Midlife Shift - When the Old Self Can No Longer Carry the New One

There comes a season in almost every human life where the structures that once felt secure begin to tremble. Not because they are failing, but because they have fulfilled their purpose. Society has called this period a midlife crisis yet perhaps that name has done humanity a profound disservice. A crisis suggests something has gone wrong.

What if nothing has?



What if midlife is simply the moment we stop living according to the expectations of everyone else and begin the terrifying, beautiful process of discovering who we actually are? Perhaps what we experience is not a crisis at all.

PERHAPS IT IS AN AWAKENING!

The Great Turning

WHAT ARE WE TURNING TOWARDS?

Between approximately the ages of 40 and 60, human beings enter one of the most psychologically significant developmental periods of life.

For decades we have been building.

Building careers.

Building families.

Building identities.

Building reputations.

Building responsibilities.

Building lives that make sense to the outside world.

But somewhere during these years something remarkable begins to happen.

The questions change.

Instead of asking:

"What should I become?"

We begin asking:

"Who have I become?"

Instead of wondering:

"How do I succeed?"

We wonder:

"Was success ever what I truly wanted?"

Instead of accumulating...

We begin evaluating.

Instead of striving...

We begin searching.

This is not regression.

It is evolution.

The Statistics Tell an Interesting Story

Research consistently shows that life satisfaction follows what economists call a U-shaped happiness curve.

Across many countries and cultures, wellbeing often declines throughout early adulthood before reaching its lowest point somewhere in the mid-forties to early fifties, after which it gradually begins to rise again.

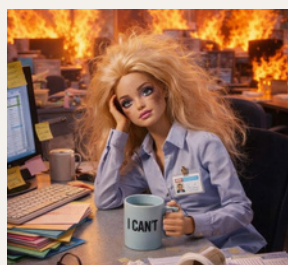
This phenomenon has been observed in large international datasets involving hundreds of thousands of participants.

Interestingly...

The lowest point isn't necessarily because life objectively becomes worse. It is because perspective changes. People become increasingly aware that time is finite. Dreams once placed on indefinite hold suddenly feel urgent. Relationships are reassessed. Careers lose their glamour. External validation loses its power. Mortality quietly enters the conversation. And with that awareness comes the opportunity to live far more intentionally.



The Hidden Biology



Midlife is not only psychological.
It is biological.

For women, menopause represents one of the most significant hormonal transitions the human body experiences.

Declining oestrogen affects far more than reproductive health.

It influences memory, mood, sleep, energy, confidence, Identity.

For many women it can feel as though the body they have trusted for decades suddenly begins speaking a different language.

But perhaps it isn't betraying them. Perhaps it is inviting them inward.

A slowing.

A deepening.

A redirection of energy away from constant creation of life...towards the creation of wisdom.

NOT FORGETTING YOU MEN OUT THERE!

Men experience profound shifts too.

Although less dramatic hormonally, testosterone gradually declines with age.

Many men begin questioning their role, purpose and identity.

Professional status often peaks. Physical strength slowly changes. Parents age. Children become independent.

The provider identity that once offered certainty can suddenly feel incomplete.

Many men discover that what they have mastered externally now asks to be mastered internally.

For a culture that has often rewarded emotional restraint, this transition can be profoundly isolating.



Why Relationships Often Struggle

Midlife frequently exposes relationships that have quietly adapted around survival rather than authenticity.

Partners who once united around raising children, paying mortgages or building careers suddenly find themselves alone together again.

The distractions disappear. The questions arrive.

Who are we now?

Do we still know each other?

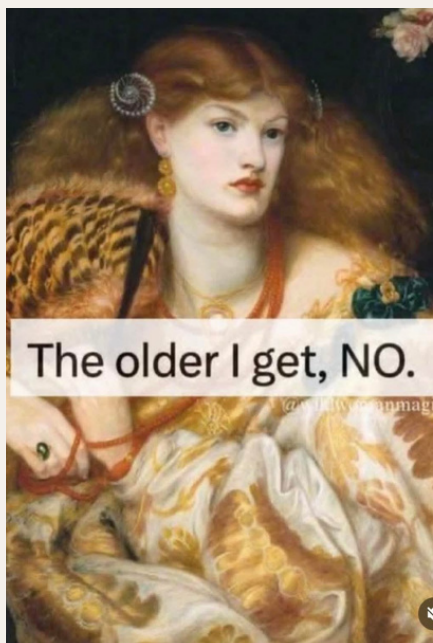
Do we know ourselves?

Conflict during this stage is often less about incompatibility and more about transformation occurring at different speeds.

One partner awakens before the other. One seeks adventure. The other seeks security. One longs for reinvention. The other fears losing stability.

Understanding this can replace blame with compassion.

"My midlife crisis in two sentences: Where am I going to park? Where did I park?"



THE PSYCHOLOGICAL INVITATION

This is the beginning of something good.

Developmental psychology suggests that midlife is less about achievement and more about integration.

Earlier life often requires us to develop identities.

Midlife asks us to reconcile them.

The ambitious self.

The frightened child.

The wounded teenager.

The capable professional.

The loving parent.

The dreamer.

The artist.

The forgotten parts.

All begin asking for a seat at the same table.

This is why many people suddenly become interested in therapy, philosophy, spirituality, creativity, travel, volunteering or completely changing careers.

The psyche is seeking wholeness!



"I'M NOT LOST, I'M MIDLIFE LOADING."

The Work-Life Balance Illusion



Modern society tells us balance is achieved through better scheduling and the usual, sickening term
PRODUCTIVITY!

How tired we become of needing to compete with 30 year olds that have bundles of energy because statutory rules and regulations insist that retirement cannot be granted until you've bled yourself dry, and not many can afford to clock out sooner so productivity becomes a word to be hated!

Colour-coded calendars.

Morning routines.

Productivity hacks.

Time management.

But perhaps balance has very little to do with time.

Perhaps it has everything to do with **alignment!**

CONTINUED.....

The Work-Life Balance Illusion

Many people in midlife realise they have become highly efficient at living a life that no longer belongs to them.

A balanced schedule built around an unbalanced identity still creates exhaustion.

True work-life balance begins when our external commitments reflect our internal values.

Not when every hour is accounted for.

But when every hour feels meaningful. When every hour can finally belong to us again and we can spend our time doing what we love instead of slaving to a system that doesn't honour us and we are quite frankly tired of

And although this all sounds doom and naggy and let's be honest, you don't need us to remind you of the fact you still have to go to work every day against your will, there are however BEAUTIFUL meanings and insights hidden in the darkness of becoming older and wiser

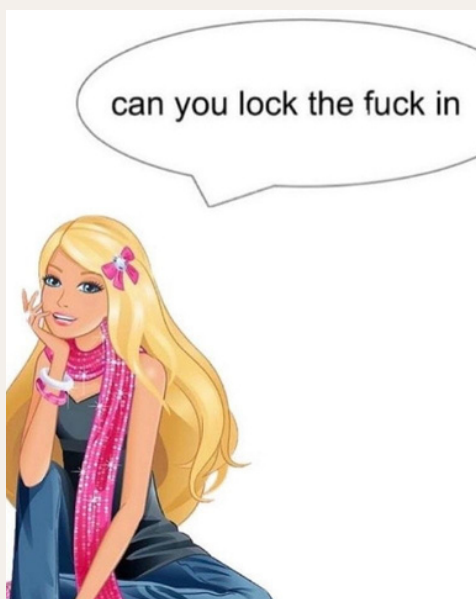
The Gifts Hidden Inside Midlife

Even though it may not seem like it because the world doesn't slow down enough to let us enjoy the moment and seems to be in pursuit of destroying it for us, this season offers remarkable opportunities.

"My midlife check engine light is on."

- **Greater emotional intelligence**
- **Increased resilience**
- **Stronger intuition**
- **Reduced need for external approval**
- **Clearer priorities**
- **Deeper relationships**
- **Renewed creativity**
- **Authentic confidence**
- **Acceptance of imperfection**
- **A profound appreciation for time**

Many people describe their fifties and sixties as the happiest decades of their lives—not because life became easier, but because they finally stopped trying to become someone else.



THE MAGICAL MYSTERY TOUR....

Questions Worth Asking

Rather than asking:

"What is wrong with me?"

Try asking:

What part of me has been waiting decades to be heard?

Where have I confused achievement with fulfilment?

What version of success no longer feels like mine?

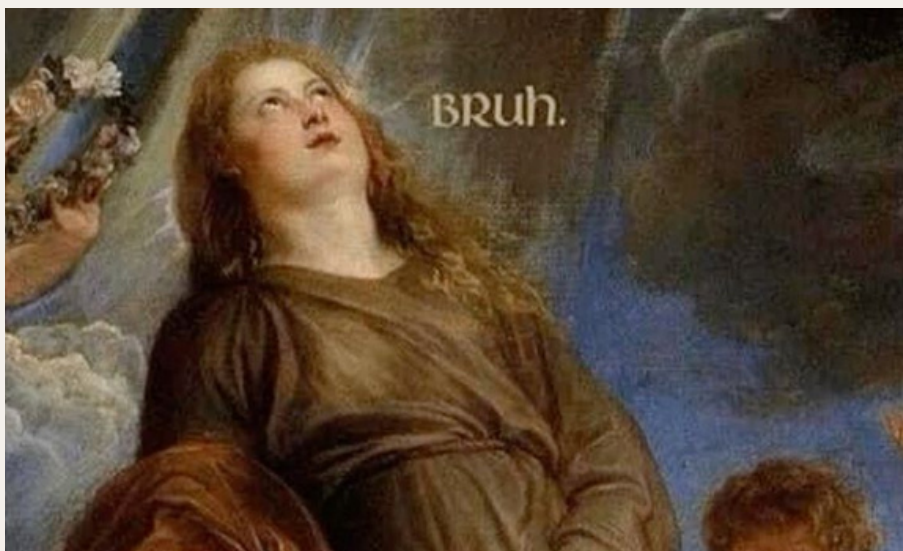
What relationships nourish me?

What responsibilities are truly mine?

What dreams did I postpone because life was busy?

If I have another thirty years...

How do I wish to spend them?



"I AGED LIKE BREAD, NOT WINE."

Practical Ways to Navigate the Shift

During this stage, transformation is supported less by dramatic reinvention and more by consistent self-connection.

Create rituals rather than rigid routines – Aren't we damn sick of routines? Haven't we had enough of ROUTINES ugh!

HEAD [HERE](#) TO CHECK OUT MORE ABOUT HOW RITUALS ARE WAAAAAAY MORE ALIGNED AND PURPOSEFUL FOR MODLIFE ONWARDS

But here are a few other small things you can add in to your **RITUAL MASTERY:**

Walk without headphones

Journal before making major decisions

Sleep more than you think you need

Strength train to preserve both muscle and confidence

Learn something completely unrelated to work

Reconnect with nature

Speak honestly with trusted friends

Allow grief for the life that has passed

Make room for excitement about the life that is still unfolding

Most importantly...

Stop measuring your worth by your productivity.

You are not a machine optimising output.

You are a human being evolving through seasons.

A Different Way of Seeing Midlife

Perhaps every stage of life asks us to become someone.
Childhood asks us to discover. Adolescence asks us to separate.
Young adulthood asks us to build. Midlife asks us to remember.
To remember who we were before expectations.
Before comparison, titles, careers.
Before proving. Before performance.

The world calls this a crisis because the old identity begins to crumble **AND LET'S BE HONEST**, they don't want you to enjoy this stage because they're hoping to sell you ways to make it better, prescribe you pills, keep you grinding, distract you from the beauty of it because once you realise **YOU HAVE POWER AND WISDOM, YOU ARE UNCONTROLLABLE!**

Nature calls it growth because something wiser is trying to emerge.
The question is not whether your life is falling apart.
The question is whether the life that is falling apart was ever truly yours to begin with.
Perhaps the most balanced life is not the one that perfectly manages work and home.
Perhaps it is the one courageous enough to become increasingly honest with itself.
And perhaps...
That is the real work of midlife.
Not surviving the years.
But allowing the years to reveal the person you were quietly becoming all along.

THE END.....

SOME AUDIOS FOR YOU TO LISTEN TO

Here are a few AUDIO PIECES below that include some STUNNING written works from colleagues and those I work with in philosophy and ethics studies that have spent some time looking at the WORK – LIFE BALANCE conundrum during menopause and midlife and while all of what we have to say on the matter can seem volatile and we don't mince words, the final concluding write ups that I have put into audio for you all to kick back and enjoy are nothing short of poetic (some personal) but profoundly thought provoking and heart triggering so hopefully it can give you a glimmer of shine alongside the muscle aches and tiredness :)



CHAPTER III CONTINUED

SOME SUPER LINKS FOR YOU TO CHECK OUT – PARDON THE LANGUAGE :)

<https://www.facebook.com/watch/?v=1994155354806301>
FUCK THIS SHIT

<https://www.youtube.com/watch?v=5lPwnn7Elyc>
MENOPAUSE RHAPSODY

<https://www.youtube.com/watch?v=CsF4sB9EO8I> THE
CAREGIVER TO THE QUEEN

<https://www.youtube.com/watch?v=92fOHZlegLU> YOUR
SPIRITUAL AWAKENING

<https://www.youtube.com/watch?v=OhX87EOAsvI>
MENOPAUSE FASCIA RELEASE

https://www.youtube.com/watch?v=vZhv_cdWHZ4 FOR YOU
MEN OUT THERE



"IT SHOULD BE THE BEGINNING OF GIVING ZERO F*CKS AND FINALLY DOING LIFE OUR WAY."

THANKS FOR READING / LISTENING! IN THIS TOGETHER, FOREVER!