

The Ultimate Quest - You Deserve to Know You



YouTube

Menopause Isn't Her Battle Alone: How Men Can Support Their Partner Through Men...

Video Title: Menopause Isn't Her Battle Alone: How Men Can Support Their Partner Through Menopause How Men Can Support Their Partner Through Menopause | Emotional Conversation...

Thank you for choosing to know you!

Welcome to our monthly note on **self-leadership, soulful alignment, and the truth about personal transformation.**

This isn't another task on your to-do list—it's a **homecoming to your authentic self.**

I'm **Rachna Khanna**, sharing simple frameworks, gentle practices, and honest conversations to help you reconnect with your **values, energy, and inner wisdom.**

You deserve to know you.

This month's spotlight: Melvyn Anthony

In our latest podcast, **Melvyn Anthony** (mindset + resilience coach, and a leader with 31+ years of experience) shared something that hit me right in the heart:

When women go through **perimenopause/menopause**, many don't need fixing...
they need **felt safety.**

And for partners—especially men—this is the shift:

Stop trying to solve her. Start learning how to hold her.

Melvyn spoke about supporting his wife through severe symptoms—brain fog, tears, anxiety, overwhelm—and what helped wasn't the "perfect words."
It was **presence.**

The simple framework: **HOLD • BREATHE • DON'T MAKE IT ABOUT YOU**

Understanding Emotional Conversations

When your partner is crying and your first instinct is to fix it, you might be missing the moment that actually heals. This is about presence over perfection, support over solutions, and creating safety without judgment.



🎤 FEATURED GUEST

A Conversation That Changed Everything

In a recent episode of *The Daily Life Hero – The InConvenient Truth*, host Rachna Khanna sat down with **Melvyn Anthony**, a mindset and resilience coach with over 31 years in manufacturing leadership. What started as a conversation about support transformed into something deeper—a masterclass in what love looks like during life's most challenging transitions.

Menopause and perimenopause aren't just "women's issues." They're relationship realities that touch every aspect of life: intimacy, confidence, parenting, work, and the very fabric of partnership.



When Hormones Shift, Relationships Are Tested

Brain Fog

Difficulty concentrating, finding words, or remembering simple things that used to come naturally.

Unexplained Tears

Crying without a clear reason, emotions that feel overwhelming and impossible to control.

Anxiety Attacks

Sudden waves of panic, racing thoughts, and physical symptoms that feel frightening and isolating.

Identity Loss

Not feeling like yourself anymore, disconnected from your body and the person you've always been.

Melvyn shared what it looked like when his wife Abby experienced severe perimenopause symptoms. Instead of getting defensive, confused, or disconnected, he chose a different path. He chose to **learn**. He chose to **stay**. He chose to **not make it about him**.

The "Menopause Ally" Playbook

These aren't fancy strategies. They're powerful because they're simple, human, and real. Here's what being an ally actually looks like in practice:



Hold Without Interrogation

Not "What happened?" Not "Why are you crying?" Just: *"I'm here."* Sometimes the healing is in the holding, not the explaining.



Read the Room

Come home, sense she's not okay, and simply hold her—no pressure to explain, no need to fill the silence with questions or solutions.



Silent Support Counts

A one-hour drive. No talking. Just holding hands. That quiet companionship can speak louder than any words.

When Anxiety Strikes: Regulate First, Then Respond



Picture this: It's 2 AM. An anxiety attack hits. Your partner's heart is racing, her mind is spinning with worst-case scenarios, and panic is taking over.

Melvyn's response? He guided Abby to breathe with him by placing her hand on his chest so she could feel his heartbeat. Then he repeated, calmly and consistently:

"You're safe. We're in bed. I'm here."

That's not "small." That's medicine.

The Biggest Truth for Partners

It's Not About You

When a woman is tired, disconnected from her body, anxious, foggy, or not interested in intimacy—it doesn't mean you're unwanted. It often means she's **overloaded**.

Melvyn said it clearly: when men understand what's happening, they stop getting irritated, stop taking it personally, and start supporting with maturity. This is where relationships either break or **become unbreakable**.

 **Remember:** Her experience isn't a rejection of you. It's a biological and emotional transition that requires patience, education, and compassion—not defensiveness.



Building Emotional Resilience

Melvyn also spoke about the mindset blocks that keep people stuck: fear, worst-case thinking, self-doubt, and the constant worry of "what will people think?" These patterns can stop us from living fully and showing up authentically.

01

Pause the Spiral

When anxiety hits, stop and take a conscious breath before reacting to the panic.

03

Return to the Present

Ground yourself in what's real right now, not what might happen or what you're imagining.

02

Ask the Question

"Why am I feeling anxious right now?" This one question interrupts the spiral and brings you back to choice.

04

Choose Your Response

With awareness comes power—the power to respond intentionally rather than react automatically.

A Simple Support Script You Can Use Today

If your partner is struggling, try this five-step approach. It's simple, respectful, and creates the safety she needs to feel seen and supported:

1

"I can see this is hard."

Acknowledge her reality without minimizing or dismissing what she's experiencing.

2

"You don't have to explain."

Release her from the burden of making sense of overwhelming emotions right now.

3

"You're safe with me."

Reassure her that this space, this moment, this relationship is a place where she can just be.

4

"Do you want a hug, a quiet sit, or space?"

Give her agency and choice in what support looks like in this moment.

5

"I'm not going anywhere."

Commit to staying present, even when things feel uncertain or uncomfortable.

That's it. That's the work. Presence, not perfection.

Reflection Questions for Couples

Take some time—together or individually—to explore these questions gently and honestly. There are no right answers, only opportunities for deeper understanding:

- When she's struggling, do we go into **fixing, fighting, or withdrawing**? What's our default pattern?
- What does "support" actually look like for us during a hard week? Have we talked about this explicitly?
- What's one small thing that would make her feel **safe and seen** today?
- What does he need so he can stay regulated and present too? Support isn't one-directional.

□ These conversations don't have to happen all at once. Start small. Start somewhere. The willingness to ask is already an act of love.



You Are Not Broken—You Are in Transition

If you're in midlife and you feel like you're not "you" anymore—please hear this: **You are not broken.** You are in transition. And transition needs understanding, tools, and support—not shame.

If you want to go inward and rebuild from the inside out, Rachna would love to support you through [The Ultimate Quest – You Deserve to Know You](#). It's where you unpack values, identity, emotional patterns, and the inner blocks that keep you stuck.



If you know someone who needs this conversation—**share it.** You never know who is silently suffering and waiting to feel understood.

*"With love,
Rachna Khanna
Host, The Daily Life Hero – The InConvenient Truth*

✨ You Deserve to Know You.

Your Invitation to Begin

If the insights and approaches shared in this newsletter have resonated with you, consider this your formal invitation to begin or deepen your journey of self-discovery and authentic living. Rachna Khanna offers several pathways to support you:

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The Daily Life Hero Podcast

Listen to conversations with expert guests exploring the nuances of **alignment**, **self-leadership**, and **authentic transformation**.
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Newsletter Subscription

Receive monthly insights, reflection prompts, and practical tools to support your journey, delivered directly to your inbox.
- 

Workshops & Programs

Join upcoming events where you can experience The Ultimate Quest and learn to apply the S.E.L.F. Method™ in your own life.

"You Deserve to Know You" 💖

This simple statement encapsulates the core invitation of Rachna's work. Beyond all the frameworks, methods, and practices lies this fundamental truth: you have inherent worth and wisdom that deserves to be recognized—first and foremost by yourself.

Whatever path you choose, remember that the journey toward self-knowledge isn't about becoming someone new. It's about remembering who you've always been beneath the noise, conditioning, and adaptation. It's about coming home to yourself.

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