Thriving Menopause Design – Klaudia Sept 2020

Introduction,
After some years of irregular and mostly more frequent periods, I passed the point bleeding 18 months ago at time of this design. My symptoms have been relatively mild, however it would be really beneficial to see if I could the impact on my life and experience this period/process in a most positive way.

This written description accompanies the mind map I used for the design process, that shows the main content of the design (see copy below and also separate pdf)

Description of the design process
I used an electronic mind-map and the SADIMET framework, with some additional Design web anchor points, as prompts for my thinking and a way to record that . As this is a non-land based design there is no base map (just some survey information) and no design map (more of an action plan), all of which are in the mind-map. Many ideas were generated throughout the process so the design stage feels a bit sparse.

Survey
Including:
Vision, obtained by taking some herbal 'Clear Vision' drops (Bilberry and Heather) and relaxing. This also clarified the title of the design.
Identify limits & resources
Sectors/influences moving through
Patterns, including my family menopause pattern and patterns of behavior during the menopause.

Ideas:
A place to start logging some ideas as they occurred

Analysis:
Functions were identified; what do I want this design to achieve, followed by systems /elements. This in itself generated useful ideas.

I used a couple of essential Mollison principles (multiples functions, output-input, succession, edge, diversity) plus 1 Holmgren randomly chosen (integrate rather than segregate) and one from 'Life design cards' by Lisa Mcloughlin ('Allow curiosity to drive what does not make sense').
I wrote a coupe of thoughts for each ethic and added 8 Shields as an additional lens for generating more ideas.
The output-input analysis didn't really show many opportunities for linking outputs to inputs apart from working with herbs, learning, experiencing, sharing, teaching, practicing.
It did highlight some key inputs: time, commitment, attention, money, showing me I'd need to commit some energy to making this design happen and achieve the improvements I want. A helpful nudge and reality check!
A key output that showed up is connection.

Design
I identified zones relevant to the variety of ideas.
Using the Implementation stage to list the actions (action plan), it is not so obvious what to use the design stage for other than some design tools that help generate more / clearer actions
I did a PMI (positive-negative-interesting) on the design so far.

Implementation & Maintenance
See above

Evaluation - Tweak
I evaluated and tweaked the design a bit after two months whilst wanting to add some detail to the design write-up so that it can be shared.
It's too early to say how effective the design is, other than it feels a relief to have a bit more of a plan and remind myself of my intention to have a smooth process. In my experience simply having a clear intention is half the work.

Reflection
I had hoped to play more with design frameworks but due to lack of time fell back on SADIM with a couple of Design Web anchor points thrown in.

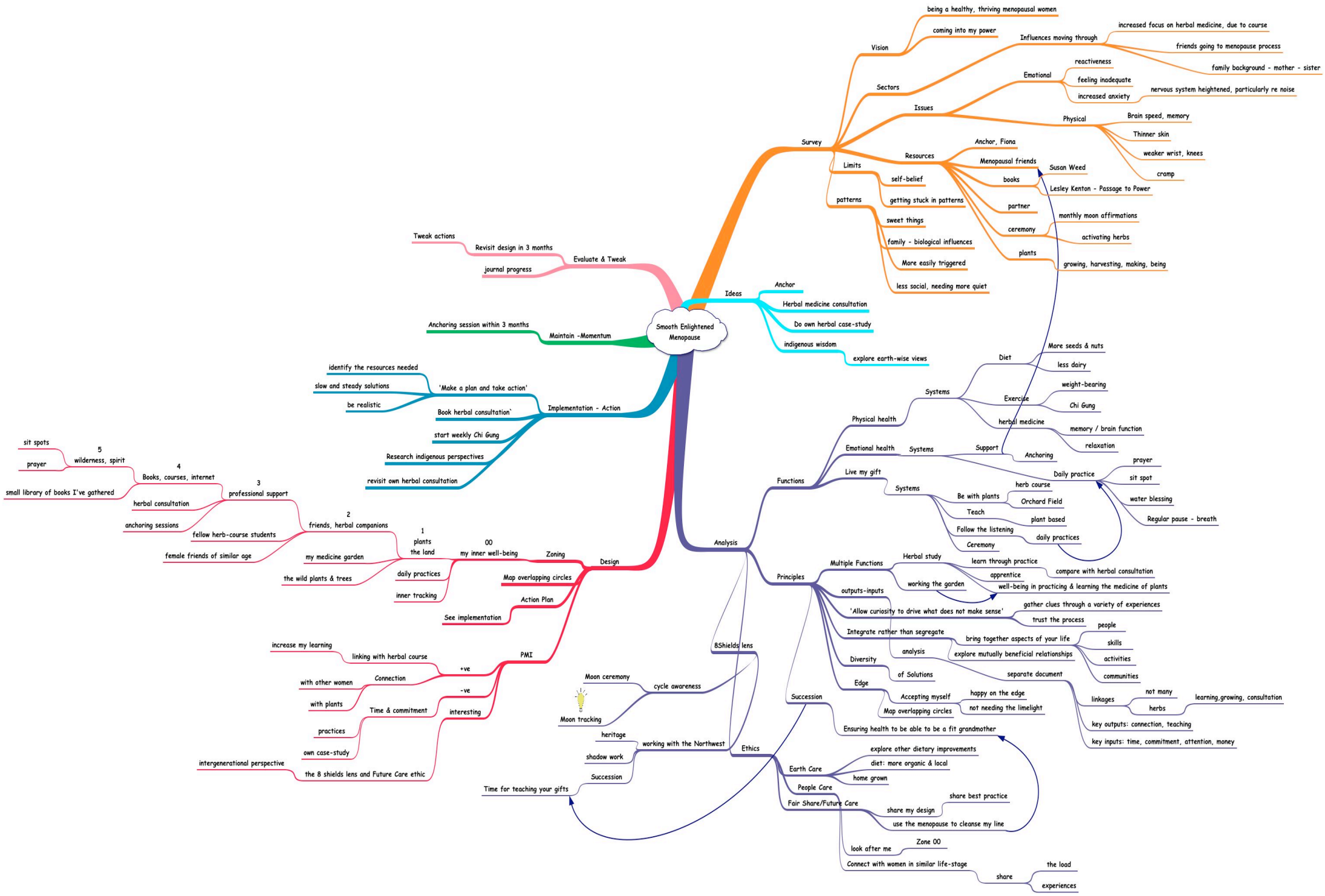
I had also wanted to include 8 Shields as part of the framework and have instead used it here in the analysis phase as a perspective to consider the process, to still include it.

It felt good to use mind mapping software to free flow /brainstorm through the design quite quickly and then I realised I also needed a word document to add some commentary/write-up. That was also helpful to try and get more clarity on my design brainstorm. I reviewed the design after a couple of months when finalizing the write-up.

A key learning of doing a non-land based design is that in a way a lot of the actions /were already generated in the Analysis phase and the blurred edge between these Analysis and Design phases in non-land based design.

I enjoyed using random principles cards, including some not-quite-permaculture ones.

In ethics this was the first time I used the Future Share ethic (as proposed by Starhawk and written about by Maddy Harland here). I am wondering about The Future Share as a separate ethic or if it is included in Fair shares. I'd like to be more specific about it and experiment with it in future designs.


Smooth Enlightened Menopause
Survey
Vision
being a healthy, thriving menopausal women
coming into my power
Sectors
Influences moving through
increased focus on herbal medicine, due to course
friends going to menopause process
family background - mother - sister
Issues
Emotional
reactiveness
feeling inadequate
increased anxiety
nervous system heightened, particularly re noise
Physical
Brain speed, memory
Thinner skin
weaker wrist, knees
cramp
Limits
self-belief
getting stuck in patterns
patterns
sweet things
family - biological influences
More easily triggered
less social, needing more quiet
Resources
Anchor, Fiona
Menopausal friends
Susan Weed
books
Lesley Kenton - Passage to Power
partner
ceremony
monthly moon affirmations
activating herbs
plants
growing, harvesting, making, being
Ideas
Anchor
Herbal medicine consultation
Do own herbal case-study
indigenous wisdom
explore earth-wise views
Evaluate & Tweak
Tweak actions
Revisit design in 3 months
journal progress
Maintain -Momentum
Anchoring session within 3 months
Implementation - Action
'Make a plan and take action'
identify the resources needed
slow and steady solutions
be realistic
Book herbal consultation`
start weekly Chi Gung
Research indigenous perspectives
revisit own herbal consultation
Analysis
Functions
Physical health
Systems
Diet
More seeds & nuts
less dairy
Exercise
weight-bearing
Chi Gung
herbal medicine
memory / brain function
relaxation
Emotional health
Systems
Support
Anchoring
Daily practice
prayer
sit spot
water blessing
Regular pause - breath
Live my gift
Systems
herb course
Be with plants
Orchard Field
Teach
plant based
Follow the listening
daily practices
Ceremony
Principles
Multiple Functions
Herbal study
learn through practice
apprentice
compare with herbal consultation
working the garden
well-being in practicing & learning the medicine of plants
outputs-inputs
'Allow curiosity to drive what does not make sense'
gather clues through a variety of experiences
trust the process
Integrate rather than segregate
bring together aspects of your life
people
skills
activities
communities
Diversity
analysis
explore mutually beneficial relationships
of Solutions
separate document
linkages
not many
herbs
learning,growing, consultation
key outputs: connection, teaching
key inputs: time, commitment, attention, money
Edge
Accepting myself
happy on the edge
not needing the limelight
Map overlapping circles
Succession
Ensuring health to be able to be a fit grandmother
Ethics
Earth Care
explore other dietary improvements
diet: more organic & local
home grown
People Care
Fair Share/Future Care
share best practice
share my design
use the menopause to cleanse my line
look after me
Zone 00
Connect with women in similar life-stage
share
the load
experiences
8Shields lens
cycle awareness
Moon ceremony
Moon tracking
working with the Northwest
heritage
shadow work
Succession
Time for teaching your gifts
Design
Zoning
00
my inner well-being
daily practices
inner tracking
1
the land
plants
my medicine garden
the wild plants & trees
2
friends, herbal companions
fellow herb-course students
female friends of similar age
3
professional support
herbal consultation
anchoring sessions
4
Books, courses, internet
small library of books I've gathered
5
wilderness, spirit
sit spots
prayer
Map overlapping circles
Action Plan
See implementation
PMI
+ve
increase my learning
linking with herbal course
-ve
Connection
with other women
with plants
interesting
Time & commitment
practices
own case-study
intergenerational perspective
the 8 shields lens and Future Care ethic