

MIDLIFE MUMMA



**I'M NOT
DIFFICULT.
I'M JUST
DONE
PRETENDING.**

**CUTTING PEOPLE OFF
IS MY NEW LOVE LANGUAGE**

**DATING OVER 40:
WHY RED FLAGS RE
EASIER TO SPOT**

**HOT FLUSHES &
SIDE HUSTLES: YOUR
MIDLIFE MONEY GLOW-UP**

**ANXIETY OR
INTUITION?
LEARNING THE DIFFERENCE**

WELCOME MUMMA'S

To the Very First Issue of Midlife Mumma Magazine!

By Rebecca Walters

Welcome, you glorious goddess of grit and grace.

As a single woman over 40 — with kids, bills, stories, and probably a half-empty coffee mug — I know what it means to start over (again), laugh through tears, and side-eye society's expectations.

We've been through some things. And still, we rise... in style, with sass.

Midlife Mumma isn't just a magazine.

It's a movement.

It's for every woman who's ever said, "Is this it?" and then decided "Hell no, there's more to me than this."

In these pages, we'll spill the tea, shake off the shame, and cheer each other on.

You'll find stories that make you laugh, think, scream "YES," and maybe even cry a little.

So pour a cuppa (or a cocktail), kick off your bra, and dive in.



DATING OVER 40

I don't know if it's the perimenopause kicking in, middle age, or the fact that my bullshit metre is permanently set to HIGH...

But these days, I can spot a red flag from a mile away.

My absolute favourite?

The guy who writes on his dating profile: "Still figuring out my dating goals."

Translation:

"I want to sleep around, but I don't want to be held accountable for it."

Sir, we've done the situationships.

We've done the guesswork.

We are not here to raise another emotionally unavailable man.

And quite frankly soon you will be figuring which casket you look better in.

Don't get me wrong — I'm sure there are still good men out there.

But let's be real... dating over 40 feels a bit like digging through the racks at a Goodwill store, trying to find the least damaged item.

Some are missing parts.

Some don't quite fit.

And some looked great on the hanger... until you got them home and realised they were held together by ego and duct tape.

At this age, we're not looking for perfect — just emotionally available, employed, and not a walking red flag in khakis, crocs and socks.

WHY RED FLAGS ARE EASIER TO SPOT

I AM STILL LIVING WITH MY EX

Now look — I get it.

The cost of living crisis has hit hard.

But let me be clear:

"I'm separated, but still living with my ex."

is not a green flag —

It's a big, flashing RUN, GIRL, RUN situation.

This never ends well. Ever.

I don't know about you, but I'm not signing up for a sleepover at my boyfriend's house where the cast includes:

- His kids
- His "technically" ex-wife
- And a cluster f&*k of unresolved emotional chaos

Hard pass.

We're too grown, too wise, and too damn tired for that mess.

BUY YOURSELF FLOWERS & DANCE IN THE KITCHEN

So please — don't be desperate, my darlings.

Date yourself.

Hold out for the man who's worthy of your greatness — not just the one who happens to be available.



HOT FLUSHES & SIDE HUSTLES

YOUR MIDLIFE MONEY GLOW UP

You've raised the kids, run the house, and held it all together.

Now it's your turn — time for a midlife money glow-up, because baby, you've earned it.

You're not starting from scratch — you're starting from experience.

You've got wisdom in your head, fire in your belly, and grit with a generous side of sass.

This season?

It's not about surviving — it's about thriving.

SASSY & SMART SIDE HUSTLES FOR MIDLIFE WOMEN

1. Freelance & Consulting Work

Leverage your career experience. Think admin, sales, lead generation, data entry, booking keeping

2. Etsy Shop or Handmade Goods

You have made humans, you can make anything! You can sell handmade goods, digital cookbooks or how to guides.

3. Blog, Podcast, or YouTube Channel

Share funny parenting stories or hacks, cooking/ideas, career advice, or maybe creating something around your favourite TV show! Turn what you love into an income stream

4. Personal Styling or Wardrobe Consulting

Add services like closet detox, shopping guides, or virtual styling

5. Wellness, Coaching, or Mindfulness

Midlife women understand midlife women. Build courses and coaching to improve the lives of women around you.

6. Home-Based Business Services

Childminding, pet sitting, home organisation or decluttering

7. Self-Publishing & eBooks

you have so much knowledge you can share with the world.

Cookbooks, children's books, how to guides

8. Course Creation or Online Workshops

Parenting advice, budgeting, Dinner ideas

9. Driving & Delivery

enjoy flexibility and your own hours with, Menu log, Uber, door dash

10. Affiliate Marketing or Product Reviews

Make money while sharing hte products you love online in the comfort of you own home

LET'S MAKE IT RAIN, MUMMA.



CUTTING PEOPLE OFF *IS MY NEW LOVE* *LANGUAGE*

We've all met that person.

The one who's adored in public, all charm and sunshine — surrounded by their shiny entourage who feed their ego and cheer them on.

But behind the mask?

They're toxic AF — especially to you.

They weaponise toxic positivity, turning every real concern into “just be grateful” or “good vibes only.”

They gaslight you with smiles, manipulate you with faux kindness, and make you question your reality — all while playing the victim if you ever call them out.

They're not a friend. They're a performer.

That backhanded compliment.

The snide remark disguised as a joke.

The unanswered calls.

The plans they always cancel — last minute, like your time doesn't matter.

You start to feel like you're too much. Or worse, like you're not enough.

Like you're an inconvenience. A burden.

But here's the truth: You are not hard to love. They're just not capable of loving you the way you deserve.

The slow fade? The passive digs? The inconsistent effort?

That's not friendship. That's not care. That's not love.

You're allowed to walk away from anyone who makes you question your worth.

THIS RELATIONSHIP NO LONGER SERVES ME.

Toxic boss, flaky friend, that family member that makes you want to miss Christmas, you have permission to walk away, no explanation needed.

It is not cold, or heartless, you have just outgrown bullshit, or the need to babysit bad behaviour.

YOU DISTURB MY PEACE, BYEBYE

When someone shows you who they are believe them. Within 3 months, the mask will start to come off and they will reveal who they really are.

Trust how your nervous system feels when you are around them.



ANXIETY OR INTUITION

KNOWING THE DIFFERENCE

When you've walked through the fiery pits of hell —
been burned, betrayed, broken, and left crawling out the other side,
scorched, covered in soot, but still rising like a boss —
you don't come out untouched.
You carry the scars.
Some visible. Some sugar-coated in humour.
Some wrapped in a little PTSD dressed up as
"just being careful."
So when that familiar unease hits...
you pause and wonder:
"Is this anxiety... or is it my intuition?"

They both feel the same. That uneasy feeling
in your gut, that sense that something is not
right.
But one is a wound from the past, the other
is a whisper from your soul.
No wonder it's confusing.



HOW TO TELL THE DIFFERENCE

🔥 Anxiety is:

- Loud and panicky
- Fueled by past trauma or future fear
- Often repetitive, looping the same "what ifs"
- Physically draining (tight chest, racing heart, knots in your stomach)
- A feeling that demands urgency, even when there's no real danger

🌙 Intuition is:

- Quiet but clear
- Calm and steady, like a nudge
- Not usually fear-based — it just "knows"
- Often neutral, not emotionally charged
- A feeling of alignment (or misalignment) with your values

✨ TRUST YOUR GUT.

Your intuition is usually right.
Even when your anxiety screams,
your soul still whispers the truth.



F&\$K OFF FRIDAYS

A WEEKLY RITUAL IN LETTING GO OF THE CRAP – AND THE PEOPLE – WE DON'T NEED.

Candles lit.
Bubble bath run.
Peppermint tea steeping. (or wine, this is your fantasy)
And a whole lot of silence.
...Ok, that part was a lie.
Maybe a moment of silence —
in between the constant chorus of
“Muuuum!”
But still, this is your time.
Fuck Off Fridays are about setting boundaries like a boss.

No people-pleasing. No guilt. No explaining.
Just you, your peace, and the permission to say:
“No thanks, not today Satan. I’ve got a date with my sanity.”

LET IT GO

Use this time to literally wash away the week that was.
Let the stress, the noise, the emotional baggage — all of it — go down the drain.
Epsom salts.
Rose petals.
Whatever your goddess heart desires — make it sacred, make it yours.
Feel like journaling?
Do it. Get those swirling thoughts out of your head and onto paper.
Let it be messy, honest, healing.
Or maybe...

Pop on your headphones, crank your not-so child-friendly playlist, or tune into a cheeky podcast that makes you laugh (or snort wine out your nose — we don’t judge).

MUM GUILT HITS HARD

Now, if you’re anything like me, mum guilt has a sneaky way of showing up — raising its mum-bum-haired head right when you’re about to relax.
Suddenly, your self-care ritual feels selfish. Indulgent. Wrong.
Let me tell you something:
It’s not.
It took me a long time to train myself — and my kids — to understand that this time matters.
It’s not optional. It’s not a luxury.
It’s a non-negotiable ritual.
And yes, they’ll adapt.

They might protest at first. They might hover outside the bathroom door.

But eventually, they’ll get it.
Because here’s the truth:
Before they can respect your time, you have to.
So light the candle. Shut the door. Pour the tea.
And give yourself permission to not be available —for just a little while.

That's a wrap

💌 ASK MUMMA

Got a question? A topic you'd love to see in the next issue?
Or maybe you just need a little midlife magic in your inbox?
I'd love to hear from you.

Email me anytime at hello@midlife-mumma.com

Thank you for spending your time
and energy with me in this issue.

Your presence means more
than you know.
And remember, beautiful:
Your life is only just beginning.
Midlife is magical.

You are enough.
You are powerful.
You are worthy.
And you've got this.

With love,
Rebecca x
Founder of Midlife Mumma

