

HOW TO WIN AT ... MENOPAUSE

THE EMOTIONAL IMPACT OF MENOPAUSE CAN BE GREATER THAN THE PHYSICAL.

IT OFTEN HITS AT THE SAME TIME AS OTHER BIG LIFE EVENTS (SEPARATION, KIDS LEAVING HOME, IDENTITY CRISIS, AGING PARENTS, ILLNESS, CAREER ANGST...).

AND IT OFTEN EXACERBATES PRE-EXISTING MENTAL HEALTH ISSUES, OR EMOTIONAL BAGGAGE YET UNPACKED. PLUS SYMPTOMS CAN START BEFORE PERIODS STOP - PERIMENOPAUSE.

NO WONDER IT'S A STRUGGLE .

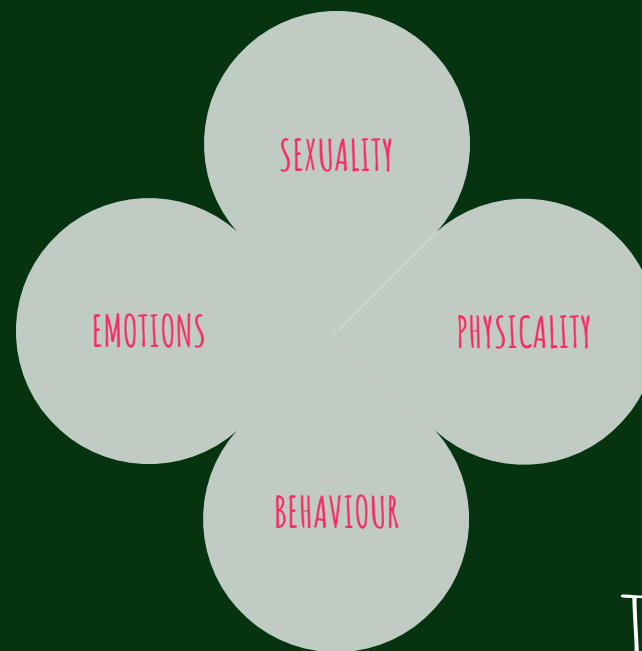
A COUNSELLOR IS A KEY PART OF YOUR SUPPORT SYSTEM. SHE CAN HELP YOU MAKE SENSE OF YOUR EXPERIENCE, FIND STRATEGIES TO COPE AND GROW THROUGH IT. YES, THERE IS LIFE AFTER MENOPAUSE - AND YOU CAN LOOK FORWARD TO A VITAL (AND SEXUAL) FUTURE.

YOU DON'T HAVE TO TACKLE LIFE ALONE.

TALK TO A COUNSELLOR

- Anxiety
- depression
- mood swings (frustrated/angry/sad)
- shame
- grief
- overwhelm
- hopelessness
- existential crisis
- fear of losing control of your body
- vulnerability.

- Loss of confidence
- low self esteem
- poor body image
- low/zero libido
- dry vagina or vulva
- lack of vitality
- grieving for fertility
- sense it's all over sexually.



- Migraines
- brain fog
- aches & pains
- bloating
- weak bladder
- thrush
- genital dryness
- weight gain
- fatigue
- hot flushes
- night sweats.

TALK TO YOUR GP

- Dietary changes
- exercise needs
- time off work
- avoiding social situations
- retreating from loved ones
- avoiding intimacy.