

PAUSE FOR MENOPAUSE



WHAT IS MENOPAUSE?

Menopause is a natural biological process marking the end of a woman's menstrual cycles. It is diagnosed after 12 months without a menstrual period and typically occurs between ages 45 and 55. Menopause is a normal part of aging and signifies the end of fertility.

PHYSICAL EFFECTS

- Hot flashes and night sweats
- Vaginal dryness and discomfort during intercourse
- Sleep disturbances
- Weight gain and slowed metabolism
- Thinning hair and dry skin

EMOTIONAL EFFECTS

- Mood swings and irritability
- Anxiety and depression
- Difficulty concentrating and memory lapses (Brain fog)
- Reduced self-esteem

SOCIAL EFFECTS

- Impact on relationships and intimacy
- Workplace challenges due to symptoms
- Need for increased awareness and support



WHAT CAN YOU DO ?

Listen, don't assume - everyone's experience is different.

Show patience - symptoms like hot flushes & brain fog aren't always predictable.

Check in privately - ask how you can support, rather than guessing.

Be flexible - adapt where possible (e.g., temperature, workload, meeting times, WFH).

SUPPORT AND MANAGEMENT

Managing menopause involves lifestyle changes, medical treatments, and emotional support. Regular exercise, a balanced diet, and stress reduction techniques can help. Hormone replacement therapy (HRT) and other medications may be prescribed. Support groups and counseling can provide emotional relief and community. Recognising the importance of open conversations and education is key to raising awareness and providing effective support.



24/7 Confidential Helpline- 07897073682 helpline@sixmha.org
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