

# 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.



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