

Mindfulness (and compassion!) for the menopause

Beth Longstaff



Session plan

‘Practice makes possible’

What is mindfulness?

What is compassion?

How can they help with the menopause?

How do I find out more?

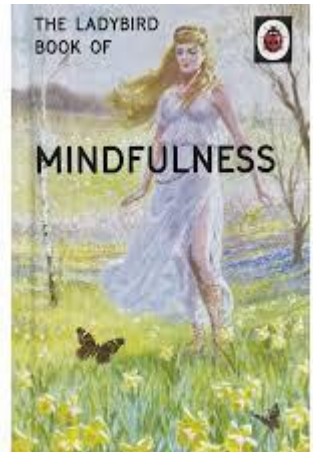
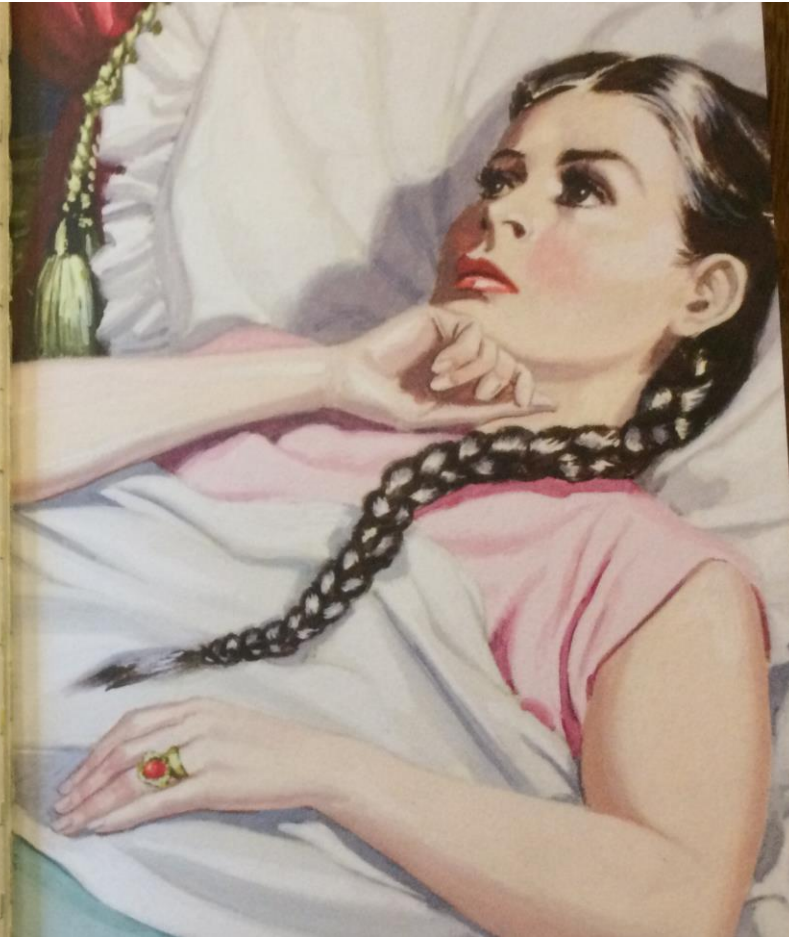


Mindfulness? Are you KIDDING?

Anna has emptied her mind and is just listening to the world around her.

She can hear the neighbours arguing, two ambulances, a burglar alarm, a child crying, and the sound of dubstep coming from a Subaru Impreza.

She is also concentrating on her own feelings, like her cystitis.



What can mindfulness help with?

Some specifics

- Stress reduction
- Regulating emotions including anger and anxiety
- Reducing depression relapse
- Improving memory, reducing brain fog
- Lessening impact of physical symptoms inc. pain
- Improving sleep



Making a
Difference

Trust Honesty Respect Compassion Teamwork

What can mindfulness help with?

Broader challenges

- Coming to terms with change and impermanence
- Honouring limits
- Rethinking old stories
- Self acceptance, self compassion



What is mindfulness?

Paying attention

...on purpose

...in each moment

...non judgementally

Jon Kabat Zinn



Myth busting

You don't need special clothes or to be able to sit cross

You don't need to be a Buddhist or religious in any way

You don't need to be able to empty your mind

It does need a bit of effort and practice

It won't replace your hormones



Making a
Difference

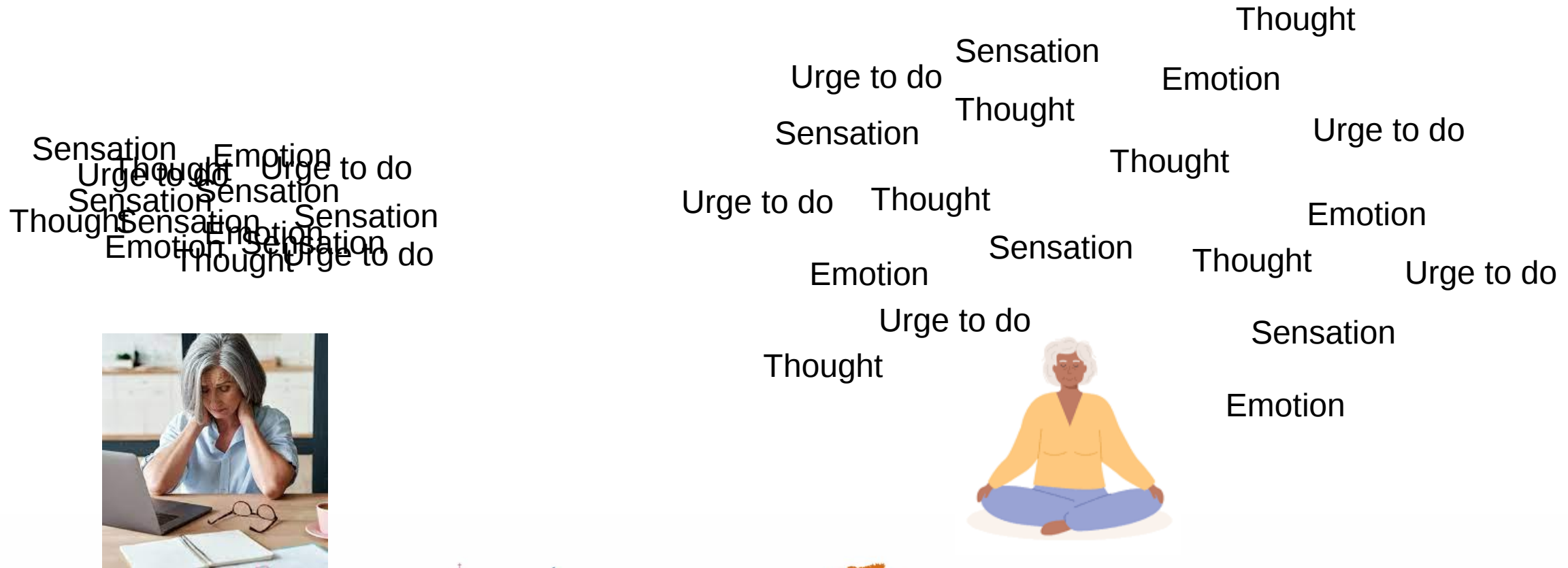
Trust Honesty Respect Compassion Teamwork



Meno || pause

3 step breathing space

From overwhelm to clarity



Thoughts are not facts

What are we believing...

...about the menopause

...about our symptoms

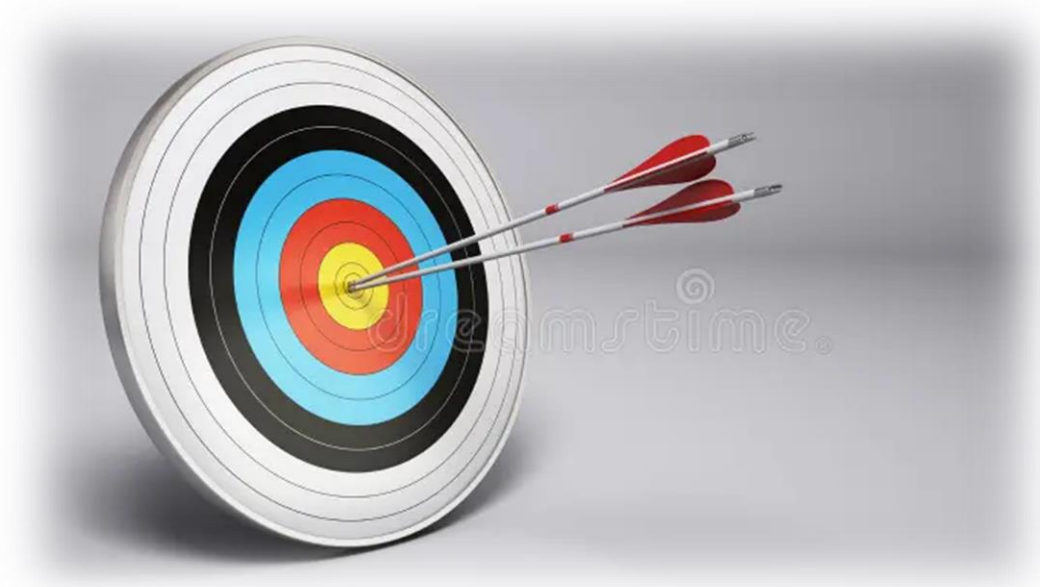
...about asking for help

...about what other people think

Are we willing to question our beliefs??



Working with the 'second arrow'

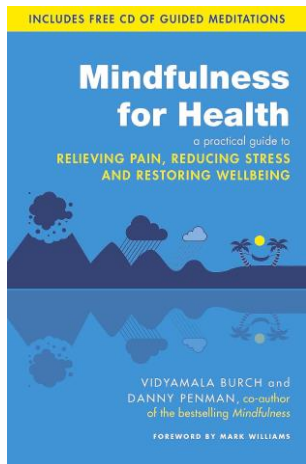


An anchor in a storm



Meeting our body in a different way

- Can we befriend our menopausal body?
- Mindfulness and living with pain



Mindfulness AND compassion



What is compassion?

Sensitivity to suffering in self
and others

Desire to prevent or alleviate
suffering in self or others

Wisdom

Courage

Care

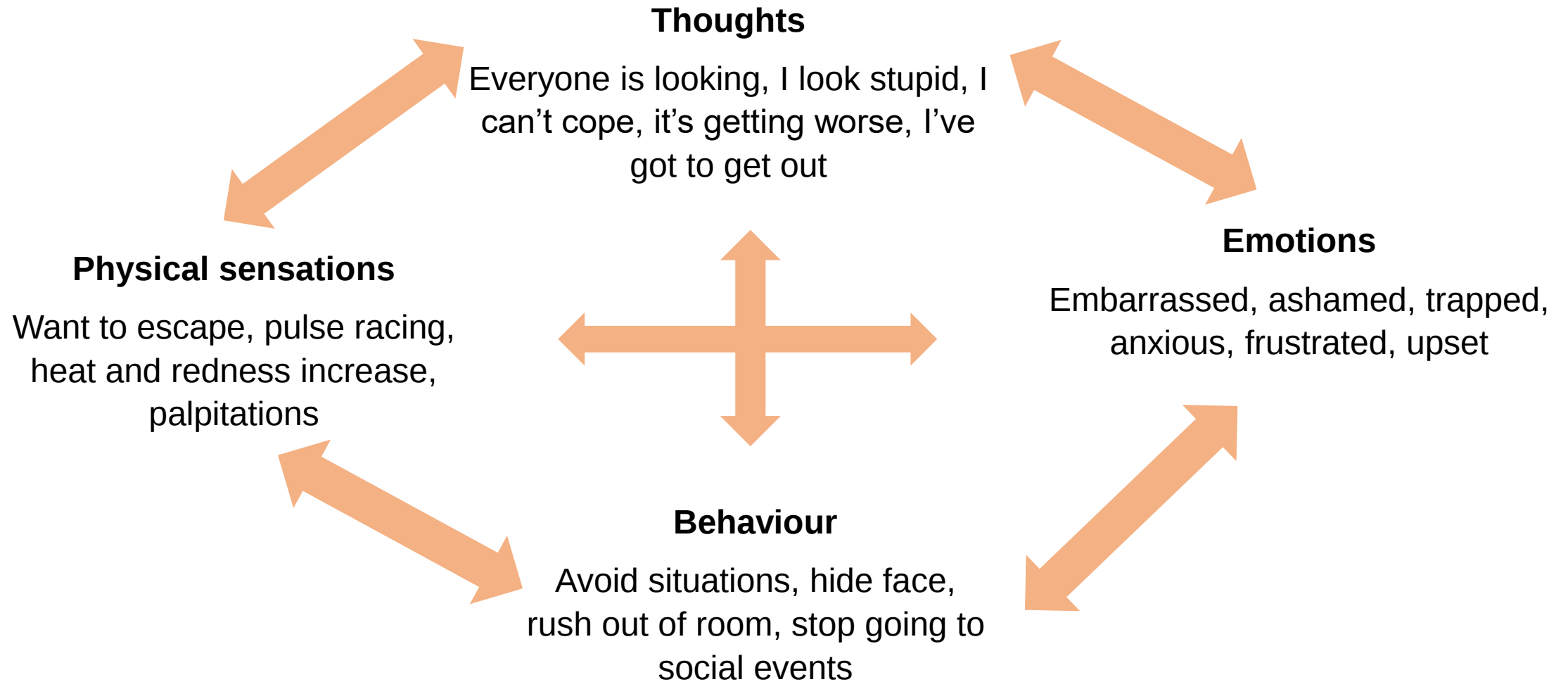




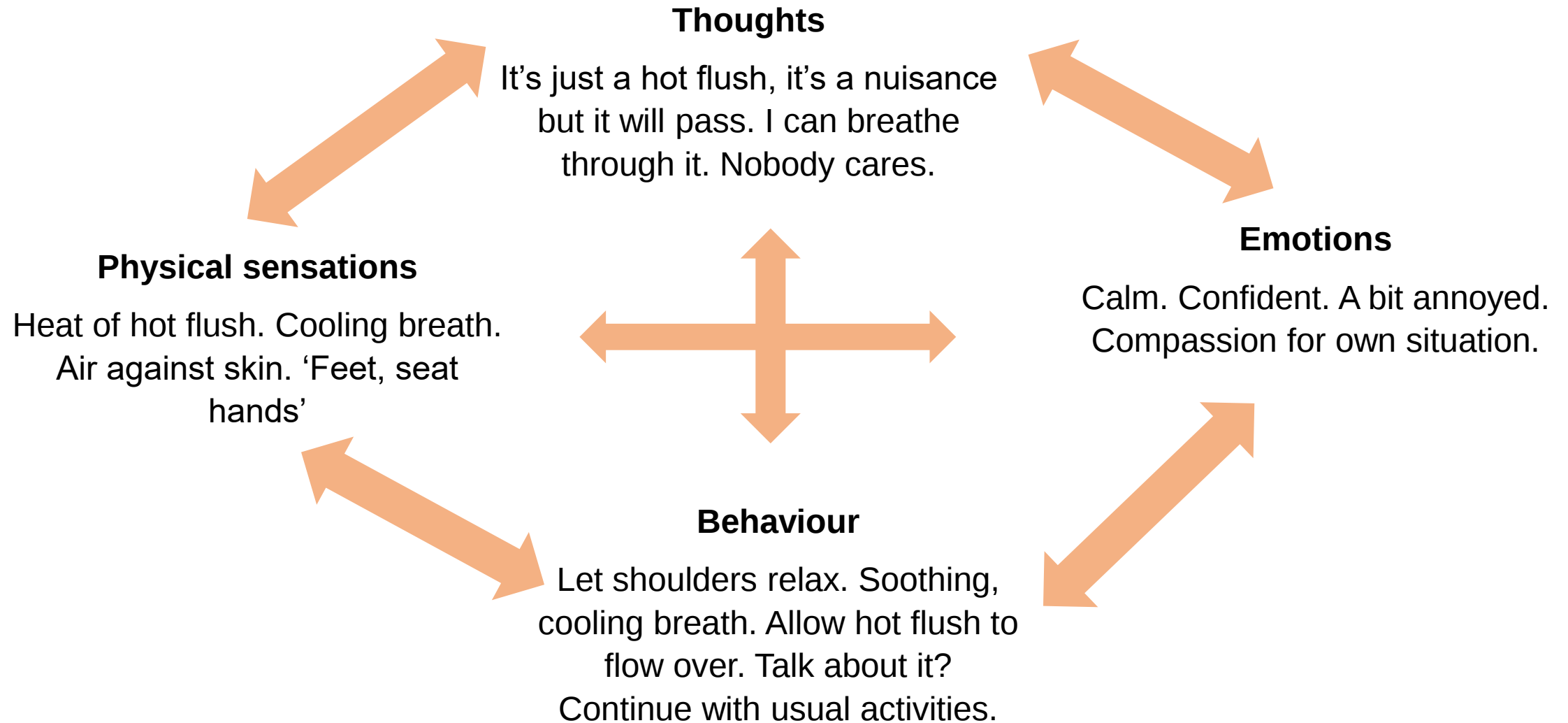
Meno || pause

Compassionate guide

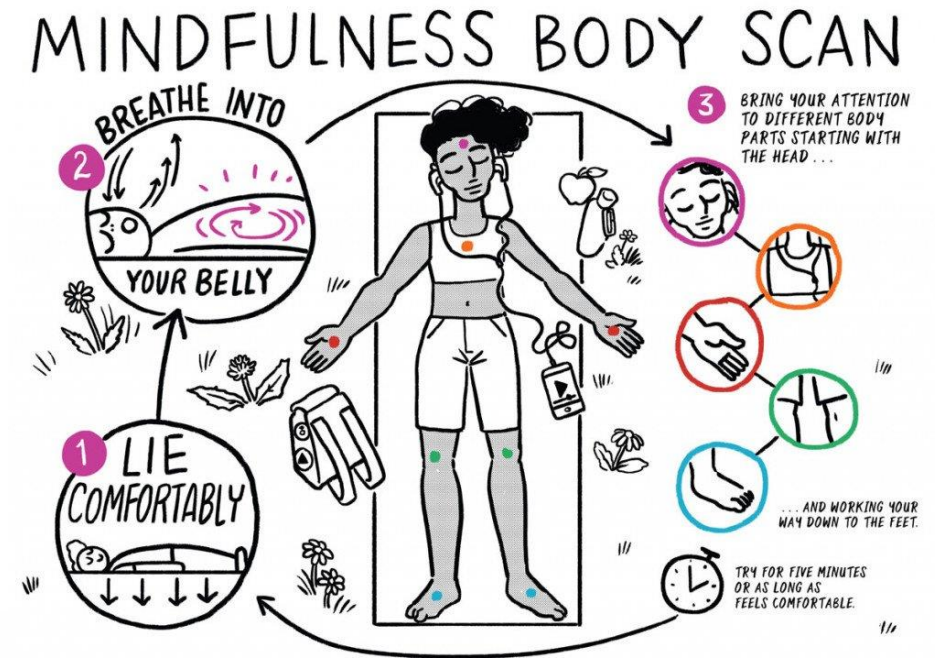
Bringing mindfulness to hot flushes



Bringing mindfulness to hot flushes



Attentional control – ‘practice makes possible’



www.govanhillbaths.com





Meno || pause

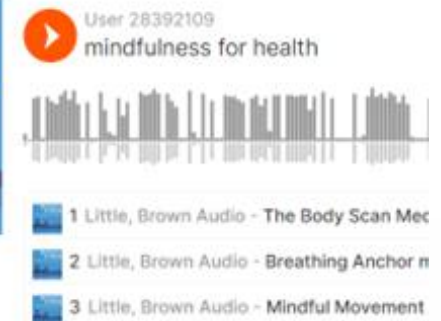
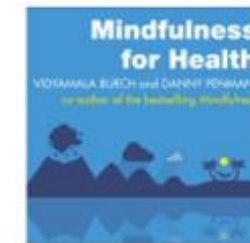
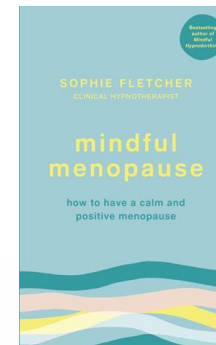
Appreciation practice

How do we cultivate these magical things?

- **PRACTICE!**
- Structured courses
- Drop ins
- Websites
- Books
- Online
- Apps



InsightTimer



Thank you for listening!

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