

“Is it the menopause – or is it me?”

Exploring the emotional impact of peri/menopause

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One or two words to represent your experience of menopause in last couple of weeks



Warning:
Due to the influence of hormones I could burst into tears or kill you in the next 5 minutes.

Demonic possession or perimenopause? Hormones or the devils work? Who dares to stick around to find out....

someecards
user-card

Menopause
In progress
go around and
DO NOT make
eye contact.

Making a Difference
Trust Honesty Respect Compassion Teamwork

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Common experiences

- Low mood & depression
- Anger and irritability
- Loss of self, loss of confidence
- Heightened anxiety
- Flatness, lack of motivation
- Unfamiliar emotional intensity

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Physical factors

'Reproductive depression' – premenstrual, postnatal, perimenopausal

Oestrogen – link with mood and mental clarity

Progesterone - calming effect on mood, aids sleep and relaxation

Testosterone - link with quality of sleep, concentration, libido



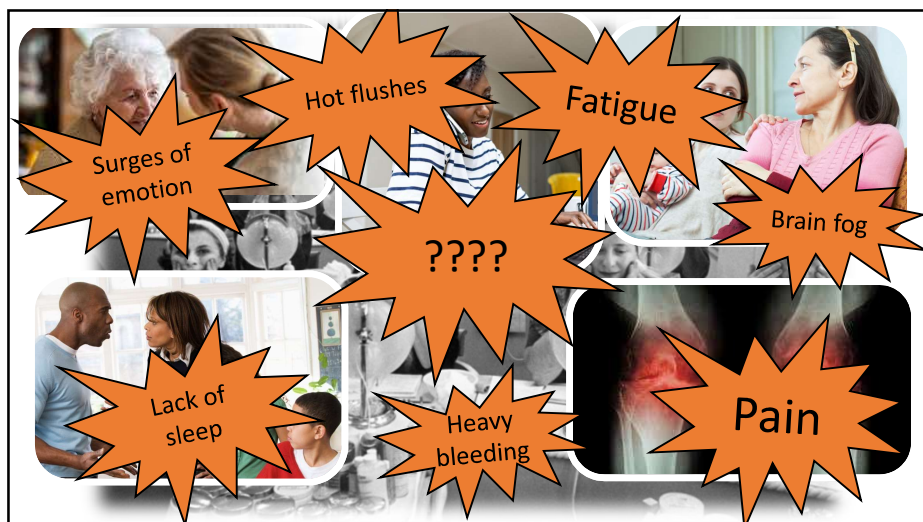
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HOW TO PREVENT
NECK
WRINKLES

THE SECRET
TO LOOKING
YOUNGER

Natural
Anti-Aging
Tips for
Maintaining
Beauty and
Leading a
Balanced Life

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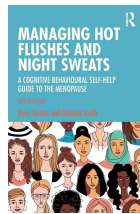
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Cognitive behavioural approach

- Specific CBT protocol for hot flushes and night sweats (HFNS)
- Experience of HFNS can be mediated by beliefs and behaviours



Compassion Focused Therapy

How do we relate to our own difficulties and distress?

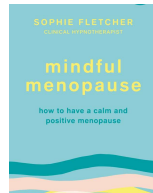
Compassionate mind training



THE
Compassionate Mind
FOUNDATION

Mindfulness

- Learning to observe your thoughts, feelings, bodily sensations
- Cultivating a friendly curiosity about your moment-to-moment experience
- Learning to use your breath as an anchor and a good friend



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Time to pause...

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The CHIME framework

- **C**onnectedness
- **H**ope
- **I**dentify
- **M**eaning
- **E**mpowerment



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Connectedness



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Hope



Identity and Meaning



Empowerment

Get informed

Get help

Get together

