

# Navigating Menopause: Supporting Your Mental Wellbeing

Menopause is a natural life stage, but its impact on mental and physical well-being can be significant. Understanding the changes and finding ways to manage symptoms can help you navigate this transition with confidence and support.



**Common Mental Health Symptoms:** Menopause can bring emotional shifts, including irritability, sadness, anxiety, mood swings, difficulty concentrating, fatigue, and low motivation. Recognising these changes is the first step toward managing them.

**Lifestyle Adjustments:** Small changes can make a big difference. Prioritise physical activity, improve sleep habits, create a cooler environment, identify and avoid triggers for hot flashes, manage stress, and limit alcohol intake.

**Reducing Stress:** Taking time for yourself is essential. Engage in activities you enjoy, practice relaxation techniques, and explore mindfulness or meditation. Your Employee Assistance Program (EAP) can also provide support for managing stress, anxiety, and mood changes.

## Managing at Work

Practical strategies can make the workday easier:

- Stay cool with breathable clothing and iced water.
- Ease anxiety with short walks or mindfulness exercises.
- Use reminders and checklists to manage brain fog.
- Speak with your manager about any workplace adjustments that could help.

**Seeking Medical Advice:** A GP can provide treatment options, which may include therapy, medication, or lifestyle modifications. Keeping a symptom diary can help guide your discussions and ensure the right support.

**Engaging Your Support Network:** Talking openly with those around you can foster understanding. Whether it's a partner, friend, or colleague, a supportive environment can make a difference. Partners can also play a role by being patient with intimacy and accompanying you to medical appointments if needed.

**An Opportunity to Reset:** Menopause can be a time to reassess your health and lifestyle. It's an opportunity to focus on what matters most and make choices that align with your well-being and personal values.

**Disclaimer:** This information does not replace medical advice. If you have concerns about your health, consult your doctor or healthcare professional.

## Sources:

- [ACI Health NSW – Menopause and Mental Health](#)
- [Australian Menopause Society – Mood and Menopause](#)
- [Jean Hailes Foundation – Managing Menopause at Work](#)

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