



Menopause and Mental Health

How perimenopause and menopause affect our wellbeing

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Outlines

- Understand more about perimenopause and menopause
- Explore the impact of menopause on mental health
- Identify coping strategies to support your wellbeing



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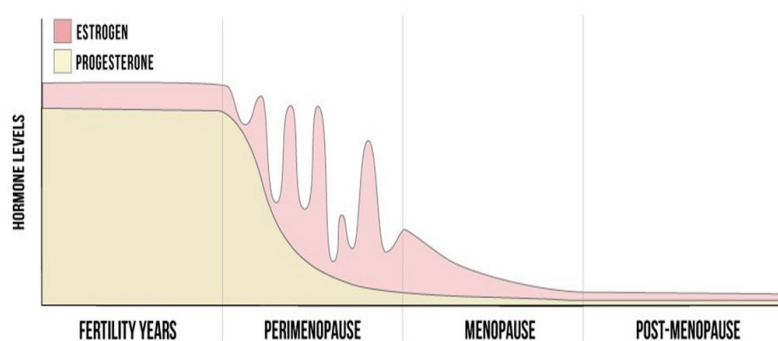
Terminology

Perimenopause: means "around menopause" and refers to the time during which your body makes the natural transition to menopause.

Menopause: Once a woman has gone 12 consecutive months without a period she is in menopause.

Post menopause: Time after menopause when a woman hasn't experienced a period for over a year.

What happens?



Perimenopausal symptoms

Discomfort during sex
 Weight gain Taste changes UTI's Body shape changes
 Change in odour Brain fog Headaches and Migraines
 Osteoporosis Irregular periods Difficulty concentrating
 Low self esteem Gum problems Hot flushes Hair thinning
 Mood swings Fatigue Vaginal dryness
 Burning tongue Night sweats Anxiety Electric shocks
 Dizziness Irritability Loss of Libido Overactive bladder
 Bloating
 Dry skin Depression Muscle tension Itchy skin
 Low mood Tingling extremities Digestive problems
 Vaginal itching Allergies Joint pain Difficulty sleeping
 Irregular heartbeat Brittle nails Memory lapses

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Impact on mental health

Menopause occurs at a time of life where other significant factors could affect us

- Empty nest syndrome
- Caring responsibilities
- Career pressures
- Adolescents at home

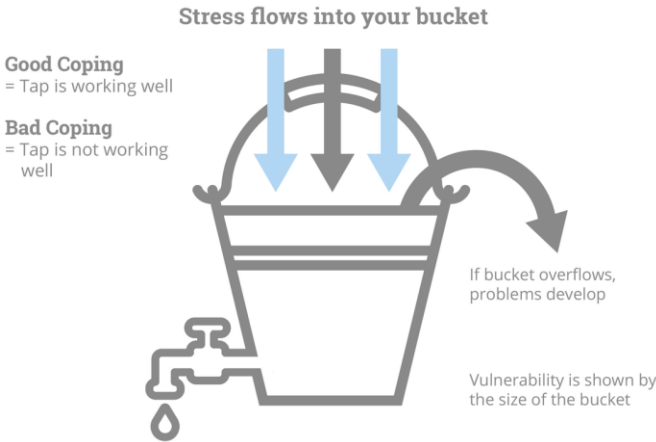
These are all risk factors for developing depression and thoughts of suicide.

Self-care therefore is vital.

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Managing stress



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5 ways to wellbeing



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Take notice

What does mindfulness mean to you?

Being present – (being aware of thoughts and feelings as they happen, in the moment)

Being Active – (not as in physical activity, but with our mind being fully focused on what we are doing right now – by this we are reconnecting with our body and sensations experienced.)

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Further Support

- GP
- Healthy Lifestyle
- Holistic Therapies
- Talking Therapies
- Hormone Replacement Therapy (HRT)
- Antidepressants

Menopause is a risk factor for developing depression and thoughts of suicide. You can call the Samaritans on 116123 or text 'SHOUT' at 85258 for support.

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Resources

- NHS - [Menopause](#)
- The Menopause Charity - [Menopause and Mental Health](#)
- [#Breakthebias](#) - International Women's Day
- Menopause Support - [Supporting you through the menopause](#)
- [Balance app](#) - Menopause Specialist, Dr Louise Newson
- Mental Health UK - [How menopause affected my mental health](#)
- Cardiff University - [The menopause and mental health: Cardiff University researchers uncover important link](#)
- Good Housekeeping - [The uncomfortable truth about menopause and mental health](#)
- Women's Health Concern - [Menopause Fact Sheet](#)
- Menopause Café Charity - [How to host a menopause café](#)
- Papyrus - [Menopause, mood, and mental health: seeking support and understanding](#)
- Daisy Network - [Support for women diagnosed with early menopause](#)
- Davina McCall - Sex, myths, and menopause & Sex, mind and menopause - Channel 4

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Further Training

- Mental Health Awareness
- Understanding and Managing Stress
- Mindfulness, Meditation, and Sleep Education
- Menopause Awareness
- Food and Mood
- Dementia Awareness



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