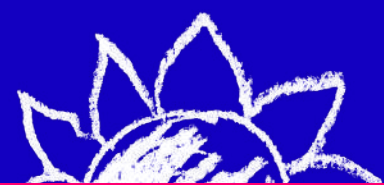
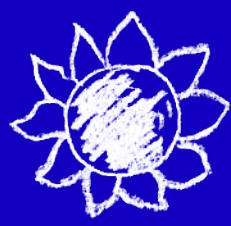
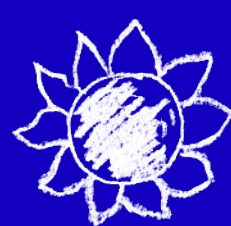
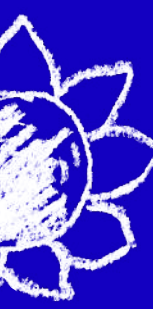
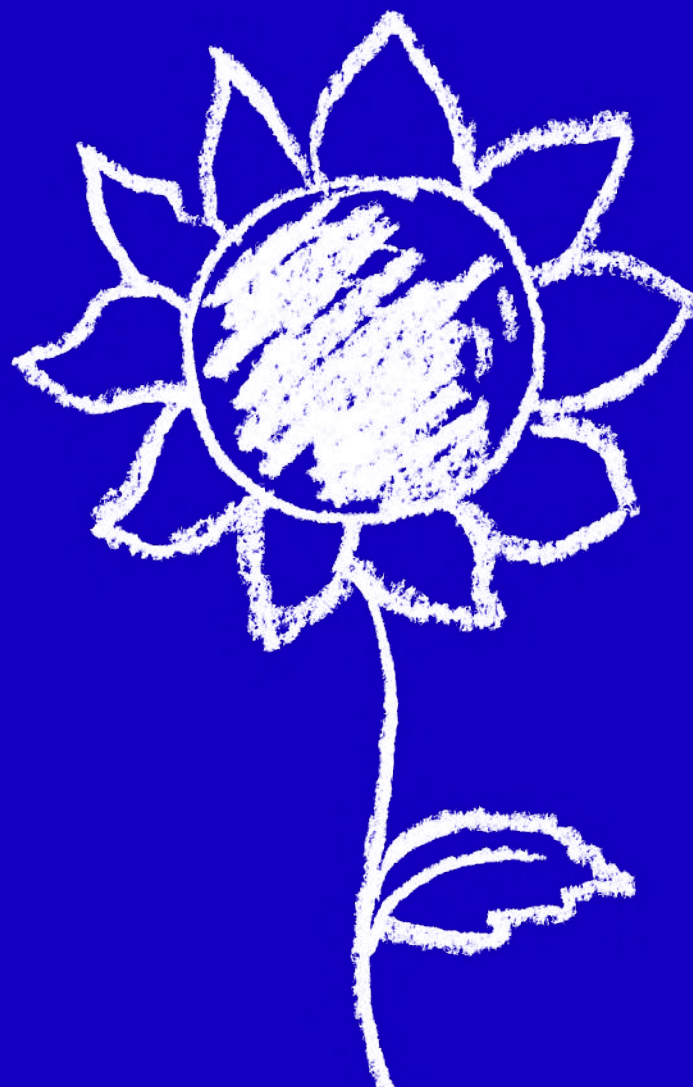




 Mind Solent



Menopause & Mental Health Toolkit



Menopause awareness

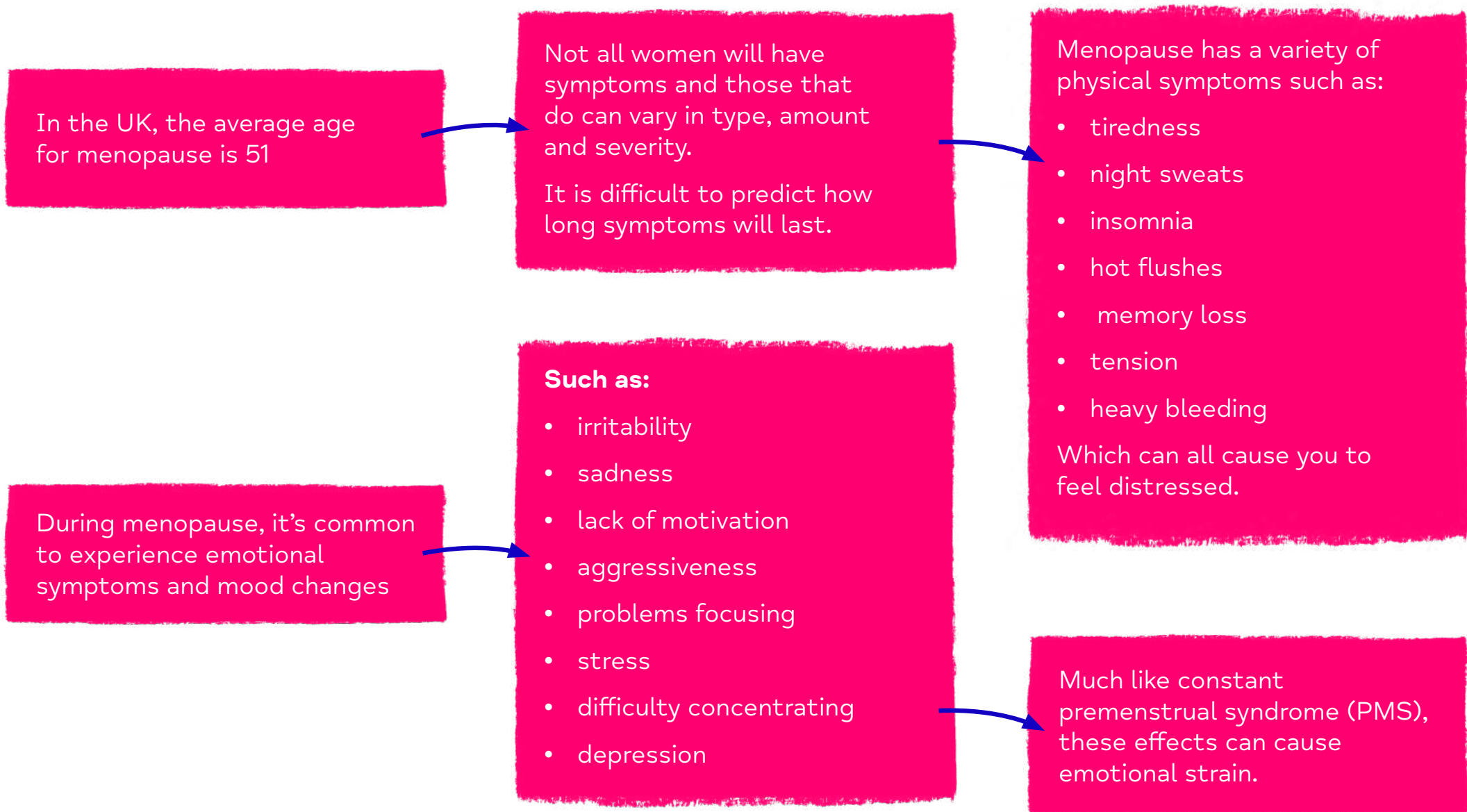
Menopause happens to every woman.

The change happens between 35-55, with seven out of ten women experiencing debilitating symptoms and, more often than not, suffering in silence.



...this guide will explain the effects of menopause on mental health and offer some useful advice and support...

Did you know?



If you have a pre-existing mental health problem, it's possible that the effects of menopause could cause a relapse or change to your mental health.

Next steps

Talk to your GP

They can offer treatments such as hormone replacement therapy

Discuss lifestyle changes you can make to relieve certain symptoms

Refer you for cognitive behavioural therapy (CBT) – a type of talking therapy that can help with low mood and anxiety.



Diet changes

Reduce caffeine, alcohol and stop smoking

Keep a food diary for hot flush triggers

Ensure there is enough calcium and vitamin D in your diet and eat a diet rich in fibre and wholegrain foods. Try and maintain a healthy bodyweight.

Lifestyle changes ⁴

Avoid hot drinks before bedtime and keep alcohol to a minimum as it can trigger hot flushes

Manage night sweats by keeping a glass of cool water nearby and the room slightly cool

Wear layers so when a hot flush occurs they can be taken off

Exercise - yoga has been proven to improve sleep and walking and running improve overall wellbeing.



We are
Solent Mind

We're here to make sure that anyone with a mental health problem in Hampshire has somewhere to turn for advice and support.

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