

Menopause[®]
Experts

Psychology & Menopause





Covered during this session

Who are our role models?

What resources can we turn to?

Anxiety & worry

Sleep deprivation & issues

Sex, love & intimacy

Psychological symptoms during menopause

These can include:

Anxiety

Lack of confidence

Mood swings

Isolation

Depression

Forgetfulness

Brain fog

Embarrassment

Can you think of any more?





Anxiety during menopause

Is it just menopause?

What triggers create anxiety?

Is there a time of day when it's worse?

Does it disrupt your sleep?

How does it affect your daily life?

What can you do to manage it?

Reinforce the positive, Repeat, Repeat, Repeat

Make your positive emotions outnumber
your negative ones

Focus on problem solving

Practice 3:1 (*think three times as many
positive thoughts to every negative*)

Fight against our natural negative bias



Let's have some fun with Mind-Magic



Remain open-minded
Remove negativity
Go with the flow

Relax and enjoy
You are in very safe hands

Why is sleep so important?



Reduces anxiety

Improves blood flow

Boosts general wellbeing

Improves brain function

Allows cells to renew

Allows the body to heal

Let's have a chat about how sleep disruption affects you during menopause.

How to sleep better

Think about your environment:

Mattress, pillow, light, phones, temperature, clothing, who do you sleep with?

Think about your habits:

Reading, TV, stimulants, alcohol, food, music, laptops.

Think about ways to help yourself get a good nights sleep:

Relaxation techniques, resetting your mindset, separate rooms, adjusting your clock, no napping during the day.



Associate bedroom with sleep and sex, you might want more sex once you start to sleep better!



Let's talk about sex, love & intimacy

Why do we go off sex?

What is intimacy?

Intimacy first, affection and love follows

Check your environment

Honestly look at your relationships

What happens if you're single?

Manage negatives & focus on positives

Believe you can and you will

Practice happiness (*fake it till you make it*)!

Regain control by taking responsibility

Remember that things can change

You are not alone

Be open with your emotions

There is a solution to most problems





You Can Do This!

You've got this

Negative will pass

Look at what you can do to stay in control

Listen to your body & remember to breathe

Find humour again, it's the best medicine

Be kind to yourself, you truly are amazing!

It's alright to feel good about yourself!

More Mind-Magic!



Again remain open-minded
Let the good stuff in!
Open-up to positivity

Have fun with this
Go with the flow
Allow your mind to help you!



Sadly we've come to the end of the day

For more support and help go to:
menopauseexperts.com

Thank you for attending and being such
wonderful guests

Thank you to all of our guest speakers we'd
love to give them a round of applause

We hope to see you again soon!

