



Prompt Notes for:

PSYCHOLOGY & MENOPAUSE

ADVISORY - This is the section that everyone wants to talk about - have boxes of tissues at the ready as it allows women to open up about their emotions, but the aim of this session at the end of your day is to allow your guests to leave feeling uplifted and empowered; please do not let them leave with negative emotions. This is your time to really encourage and inspire with upbeat solutions and stories. Give them hope and find a way to manage emotion. **DO NOT BRING NEGATIVITY INTO THIS SESSION.** Bring understanding and empathy but always look at solutions. You will most likely hear some upsetting stories, but always actively encourage them to reach out for help and support. By the time you are delivering please check to see if our new mental health service is live. If so, you will need to refer them to that for assistance. Your inspiration is what matters, allow guests to feel as if anything is possible now armed with all the new information.

REQUIREMENTS - You will need a clean pack of cheap playing cards for this session.

OPENING SLIDE: This slide should be left open if you have all gone off for a tea break. It will act as your guide when you return and give your guests an idea of what comes next.

PAGE 1: Covered During This Session - Give an overview of what you will be discussing, and your guests will already be ahead of you itching to discuss sex, as this is a big issue for so many.

PAGE 2: Ask them to be involved in this, to open up about how they're feeling, and how these symptoms are impacting on their lives.

PAGE 3: Anxiety is a big subject to talk about and many women will have experienced this - including heart palpitations. Anyone can experience anxiety, even those who have never had it before. It is because of the change in hormones which of course all starts in the brain. The brain is an incredible tool though and will look to take care of the balancing act providing we feed it with the right nutrients and reduce our stress levels - eventually this will settle, but we all have to look at ways of promoting this settling period.

Sleep deprivation is a big problem - talk about sleep hygiene and other ways to promote good sleep. Lack of sleep is linked directly to anxiety and when we are anxious we cannot sleep, and so it goes round and round. Change bedtime routines, make sure that where you sleep is comfortable and if needs be, sleep in a different room. But discuss with partners so that they do not feel rejected.

Ask about blue lights at night - i.e. how many people use their laptops and phones before bed, as they can disrupt a restorative night's rest.

- Is the bed comfortable?
- Do they need to change pillows?
- Is the room cool?

Prepare the mind for sleep, rather than work at this time - keep in mind that bedrooms should be only used for sleep and sex. Don't use your bedroom to do the ironing, or as an office as this disrupts the signals to the brain. We all need to train the brain for sleeping, so darkness and some peace and quiet, for many people, is what's needed. Recommend soft earplugs if they sleep with a snorer! Come up with some of your own tried and tested tips - this is a lovely and very open topic which all women like to address.

PAGE 4: This slide is quite self-explanatory. However, please do emphasize how we are conditioned to think negatively throughout society as this is always the easier option - the news is full of negativity so try to stay away from this when you are feeling blue. Fill your days with positive colours and stories - read or watch funny or uplifting YouTube videos that warm your heart. Listen to cheerful music. Have cute flowers in your house especially if you experience seasonal affective disorder during the winter months. Try to stay focused on finding a solution rather than constantly looking at the problem. Reinforce within yourself that you can do anything!

PAGE 5: This is one of Dee's techniques, and is designed to stay fun but is very powerful - you give everyone a card, and a sharpie pen. You ask them to write

down something negative that they may feel about themselves in which they want to change. This could be weight, lack of confidence, low self-esteem, the fact that they get angry, they feel depressed (for this sort of thing, give them examples of what you mean for them to write, not long sentences just enough and whatever they can fit on the card). Tell them that this is about them, not anyone else - this remains anonymous. Tell them to be completely honest and not to worry about how personal it might be, no one will see it (what you are looking for are negative associations that we are later going to get rid of).

NOTE: They need to write this over the picture side of the card, anywhere they like.





The next stage is to ask them to take the card, look at it, then tear it up into as many tiny pieces as possible, the smaller the better (Dee used to have a non-alcoholic bottle of gin and tonic for the smallest pieces; they get quite competitive at this stage). What they are doing is destroying all evidence of

their negativity. There is a step two in this process that follows later on (within this session). Have a waste paper bin, ready to collect all the torn card pieces, place them in the bin, and you positively influence how great it feels to tear up this playing card and all those words with it! Reinforcing the positive feeling all the time - it feels good to get rid of it!

The whole point of this is for them to decide to let go of their negative feelings towards themselves. More will be revealed later on. They will find it fun and intriguing, so don't give much away, tell them it's a powerful game that they will enjoy. In the beginning - joke about not being a magician and there is nothing up your sleeves! Use humor. Keep them open-minded, they will all enjoy this participation once they have ripped up the card. At the end, tell them we will move on now and come back to more cards later - they will feel intrigued by this. Go on to the next slide.

Dee has also recorded this information for you to listen to so that you have a full understanding of what is required. If you have other techniques and would rather use your own, providing they are tried and tested to make women feel good, please do, and let us know your own technique.

PAGE 6: Sleep - keep talking about it and how it can impact on mental health and wellbeing.

PAGE 7: Sleep discussions.

PAGE 8: If you want to you can play Dee's Podcast on sex and menopause that can be found on the podcast page on our website - then have an open discussion. If you don't wish to, perhaps labor the point about intimacy, love, trust, and affection. But we do recommend the podcast. For single people, we should be talking about vaginal health and there's nothing wrong with having a vibrator or using dilators (clinical insertions made from silicone), you can also remind them to use lubrication (water-based). Keep your vagina healthy as you may want sex again one day!

PAGE 9: Think of someone you know who is always happy. Why do you think that is? Try to think about being happy and act it out until the brain accepts it - fake it if you need to, you will get there eventually. But discovering what makes you unhappy so that you can start to change it is the first hurdle.

PAGE 10: Self-explanatory.

PAGE 11: Mind-Magic - listen to Dee's explanation (within the Brand Licensee Resources) of what to do and how to approach this 2nd session with the playing cards. This time it's to reinforce the positive allowing them to take it home with them!