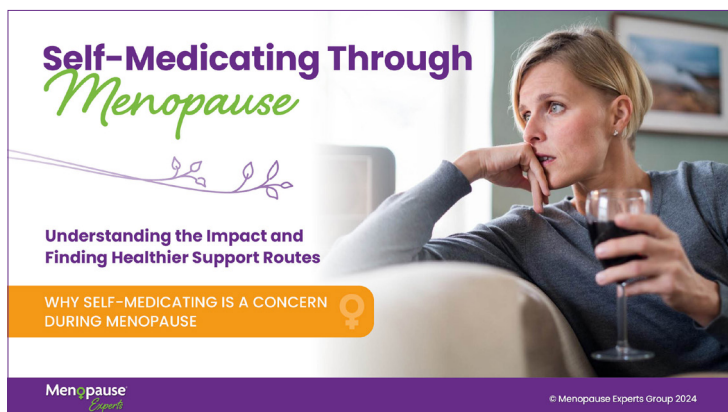




Slide 1

Purpose

Introduce the topic and explain why self-medicating is a concern during menopause.

Suggestion

Acknowledge that this is a sensitive subject and create a supportive, non-judgemental environment for the discussion.



Slide 2

Purpose

Clarify what self-medication involves and give examples the audience may relate to.

Suggestion

Encourage attendees to reflect on their habits without judgment. Mention that help is available for those who may recognise themselves in these behaviours.



Slide 3

Purpose

Explain the emotional and biological reasons behind self-medication.

Suggestion

Discuss the role of societal pressures and how they exacerbate feelings of isolation. Encourage open conversation and understanding.



How Self-Medication Affects Your Health

Short-Term Effects
Temporary relief from symptoms but can lead to increased anxiety, poor sleep quality, or dependency

Long-Term Risks
Heightened risk of addiction, liver damage from alcohol use, and worsening mental health

Compounding Symptoms
Self-medicating can mask underlying issues, delaying effective treatment and recovery

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Slide 4

Purpose

Highlight the risks and consequences of self-medicating.

Suggestion

Emphasise that while it may seem like a quick fix, the long-term impact can be severe. Encourage reflection on personal experiences and the importance of seeking help.



Recognising Signs of Dependency

Physical Signs
Increased tolerance, withdrawal symptoms, and health deterioration

Behavioural Signs
Isolation, neglecting responsibilities, and using substances to cope with emotions.

Psychological Signs
Denial of problems, feeling trapped, or using substances as an emotional crutch.

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Slide 5

Purpose

Help the audience recognise potential signs of dependency.

Suggestion

Be compassionate and remind the audience that recognising a problem is the first step toward healing. Offer self-assessment tools if appropriate.



Healthier Ways to Support Yourself Through Menopause

Therapy and Counselling
Working with professionals to address emotional struggles and develop coping strategies

Lifestyle Changes
Incorporate exercise, mindfulness, and a nutrient-rich diet to manage symptoms

Medication
If needed, consult a healthcare provider for safe and effective treatment options

Community Support
Joining menopause support groups to share experiences and advice

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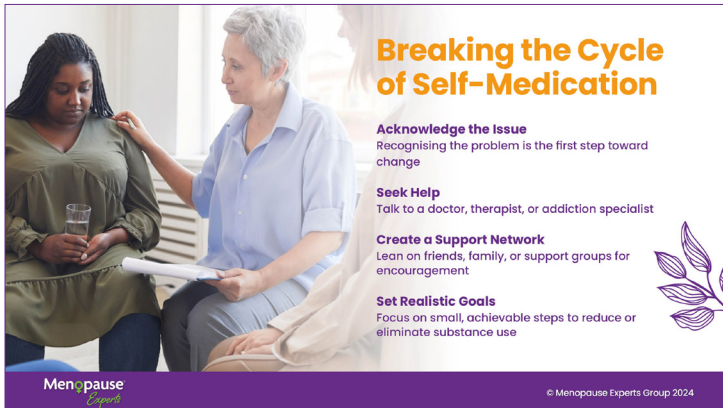
Slide 6

Purpose

Offer practical and healthier ways to cope with menopausal symptoms.

Suggestion

Provide specific examples, like yoga for stress relief or how to find a local support group. Emphasise the importance of professional help for those struggling with dependency.



Slide 7

Purpose

Empower the audience to take actionable steps towards recovery.

Suggestion

Offer reassurance that it's never too late to seek help. Share inspiring stories of women who have successfully broken the cycle of self-medication.



Slide 7

Purpose

Wrap up the session with a message of hope and encouragement.

Suggestion

End with a call to action, inviting anyone who needs further support to reach out or explore the provided resources.

Q&A

Open the floor for questions or discussions.

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