

A-Z

Of Menopause

A wellbeing guide



DANDELION

inspiring transitions in life.

healthwatch
Cumberland

A-Z of Menopause

Healthwatch Cumberland have created this wellbeing guide in partnership with [Dandelion Coaching](#) and with contributions from the [Radical Birds](#). This resource is part of our Mental Health in Menopause project.

We want to spread awareness and understanding of what menopause is, how it affects people and what methods there are to help those experiencing menopause symptoms.

Menopause can be a difficult time, when mental and physical changes can make people feel like they have lost control of their life.

Our guide is a non-medical resource, that aims to empower and bring comfort to those experiencing menopause. This guide is not an exhaustive list, and is meant to be used in addition to professional advice.

Healthwatch Cumberland hopes this resource can empower people through menopause and help them reclaim their sense of self during this new chapter of their life.

What is menopause?

Menopause is the process of the end of your monthly periods. Peri-menopause is the first phase before menopause, when the ovaries begin to run out of eggs and symptoms begin. Peri-menopause can last on average 4 years, but can be up to 8 years. Menopause is complete when periods have stopped for 12 consecutive months.

Who is affected?

Menopause affects anyone who was born with ovaries. This can include women, trans men, non binary people, and intersex people.





Age

Menopause usually happens between the ages of 45 and 55. It can also happen earlier than this due to genetics, surgical menopause, or a medically induced menopause. [Click here](#) for more information.

Anxiety

Physical and hormonal changes can result in mood swings and increased anxiety during menopause. Some anxiety symptoms include heart palpitations, chest tightness or pain and shortness of breath. Treatments for anxiety in menopause can include HRT and CBT (Cognitive Behavioral Therapy). [This website](#) has some useful advice and information.

ADHD

The changing level of Oestrogen during perimenopause and menopause appear to have significant effects on people who are neurodiverse, wether diagnosed or not. With these traits often being more intense or impactful

Antidepressants

Antidepressants may help reduce menopause symptoms like night sweats and hot flushes. However, they're not suitable for everyone and can cause side effects. They shouldn't be the first-line treatment for low mood linked to menopause. Talk to your GP about the best option for you. [Click here for NHS advice.](#)

Alcohol

It may feel tempting to reach for an alcoholic drink to help relieve menopause symptoms, but alcohol is detrimental to your health in the long-run, and is not a good way of managing anxiety or sleep problems. If you're worried about your alcohol consumption, speak to your GP or visit the [Drinkaware](#) website.



B

Body changes

Bleeding, Bloating and Breast Tenderness (The 3 Bs) – These are some of the initial side effects we can experience when first starting HRT. Typically these settle down after 3 months but if symptoms persist please speak to your GP. Unexpected bleeding after the first 6 months should be discussed with your GP

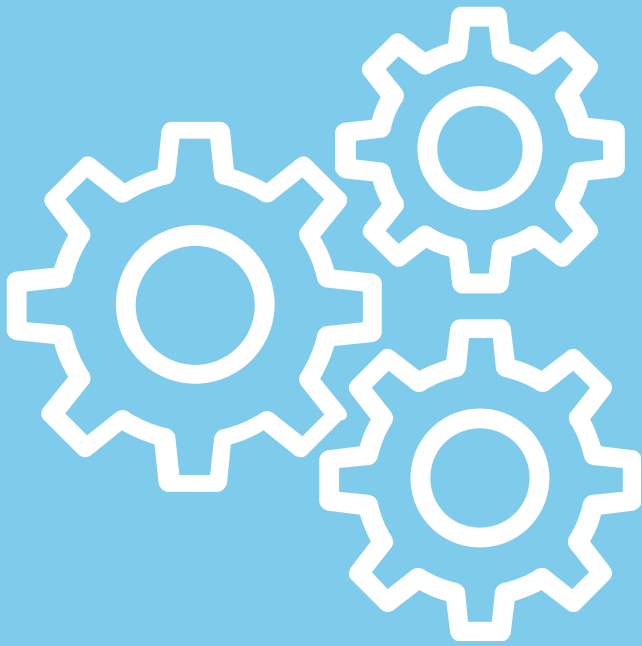
Brain fog

Brain fog can be a very common symptom, leaving us feeling forgetful and just not "as mentally sharp" as we felt we once were. But remember, our brains just need a little more time and care at this stage – take more breaks, use a notebook and stay hydrated – even 3% dehydration can affect our brain's energy. Breathing can play a part in causing brain fog, so it's a good idea to look into breathing techniques.

Breathing

Brainfog is in many cases caused by over-breathing and is due to too low a blood carbon dioxide level stopping the release of oxygen from the red blood cells to the brain. There are different breathing techniques you could try such as 'box breathing' and '7/11 breathing' and experts who can provide support and advice. Slow diaphragmatic breathing with a longer breath out regulates adrenaline and cortisol and stimulates the vagus nerve. Try breathing slowly and through your nose as this can help with hot flushes and PMS pain.





Cognitive function

Our brain loves stability and when menopause arrives our oestrogen levels become very unstable. Oestrogen is the "master regular" of our brain optimizing many functions in our brain. The memory part of our brain, the hippocampus, is affected by these changes and that can result in us experiencing memory changes, and lower concentration. Be kind to yourself, this is your brain signaling it needs a little help. Use reminders, set alarms, slow down on a task.

Cycle

During perimenopause, our typical cycle may change. Our periods may become shorter, lighter, longer, or heavier. They really can keep surprising us. Eventually, once you have not had a period for 12 consecutive months, you have reached menopause.

Contraception

It can be difficult to know if you've reached menopause if you're using hormonal contraceptives. Read [this advice](#) from the NHS about how contraception affects visibility of menopause.

Cultural attitudes

Different cultures can have varied attitudes towards menopause. Menopause can be seen as a negative thing as it signifies ageing and no longer being able to have children. However, there are some positive cultural attitudes towards menopause, such as a belief that it's a time for renewal and a new stage of life.

Experiences of menopause can vary, with different ethnic groups facing different physical and societal challenges during menopause.

[This study](#) by the British Menopause Society is an interesting introduction to how menopause affects ethnic minority women.

Cortisol

Cortisol levels increase during menopause, and can impact your sleep and mood. Try limiting your caffeine intake, exercising more, eating healthier and practicing relaxing techniques such as yoga or meditation if you believe you have high cortisol levels. Contact your GP if you are concerned.



Depression

Anxiety, low mood, loss of joy, and irritability are all common symptoms. If you have experienced depression in the past you may be more vulnerable at this time. Consider do you have previous coping strategies that have helped you in the past but also please seek support from a mental health professional if you need help or guidance.

Decreased libido

Women often experience a drop in desire this can be due to psychological symptoms e.g. low self-esteem or physical symptoms vaginal pain.

Talk to your partner: this can be awkward but together you can work out how to move this forward. You could also seek support from your GP for the physical aspects – there are some great treatments available if you experience pain with intercourse.

Duration

On average, peri-menopause lasts around 7 years, but symptoms can be experienced over shorter or longer periods. It's important to note that after menopause, post-menopause occurs which lasts for the rest of your life and for some can involve a continuation of the symptoms experienced during peri-menopause.

Divorce

Menopause can bring physical, emotional, and relationship changes that may affect partnerships. Open communication and understanding between partners can provide crucial support during this time. You could even send them a [video](#) or [podcast](#) about supporting a partner through menopause.

If you're considering divorce, it may be helpful to reflect on these factors and seek guidance or support to navigate them together.



Eating difficulties

Menopause can be a risky time because of the physical and psychosocial changes that can disrupt a woman's relationship with her body, weight gain, muscle loss and "a spare tyre" can all be hard to deal with psychologically. We may experience feelings of our body being out of control or the re-emergence of eating disorders thoughts and feelings, including bingeing and restriction. Be kind to your body as it changes, be aware of your triggers and consider you may need to seek additional support at this time.

Endometriosis

For those with endometriosis, menopause can bring relief as estrogen levels drop, often reducing pain and symptoms.

However, some women may continue to experience discomfort, so it's important to work with your healthcare provider to manage any ongoing issues.

Early-onset

Early menopause describes those that experience menopause before the age of 45yrs. When periods stop for 12 consecutive months before the age of 45yrs it can be for many reasons natural menopause, surgical menopause, or medically induced. It is even more important for anyone who experiences early menopause to be given support and information about the risks of early menopause and how best to protect their longterm health.

Exercise

Menopause can lead to weight gain and a loss of muscle mass. It's a good idea to find an exercise that you enjoy, as this will help strengthen your body and can also improve your sleep quality and mental health. Consider core strength and resistance exercises.



F

Fatigue

Fatigue can be both physical and psychological, impacted by hormone levels, lack of sleep, increased anxiety and the busyness of our lives. Or even iron deficiency if your period has become heavy during this time. Many women find it hard to truly rest but try to establish a good sleep and wake routine to help reduce your stress hormone at these times as they will steel your precious energy reserves.

Fibromyalgia

Symptoms of Fibromyalgia symptoms can be very similar to menopause fatigue, muscle stiffness, migraines, brain fog, digestive issues.

If you are receiving a diagnosis of fibromyalgia around the typical age of menopause 45-55 yrs it might be important to ensure this is the correct diagnosis and your symptoms are not menopause.

Flushes

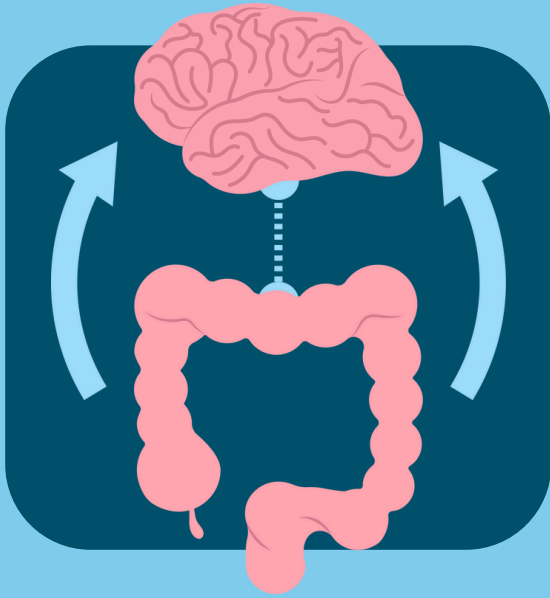
Hot flushes are caused by hormonal changes and can feel like a sudden feeling of heat spreading through your body and face. It's a good idea to try and stay healthy and try wearing layered clothing so that you can remove a layer when experiencing a flush. A portable fan can also be useful. HRT can help to ease flushes, however it is also helpful to increase exercise and reduce stress levels. Read [this article](#) for tips.

Fertility

During perimenopause, it becomes more difficult to get pregnant. Once menopause has happened, and ovulation has stopped, it is no longer possible to have children naturally as the body is not producing eggs any more. It is possible to still have children through IVF using frozen or donated eggs.

Current guidelines suggest that if you are under 50 years old, you should use contraception for at least two years, following your last menstrual period.





Gut brain axis

This gut-brain connection is especially relevant during menopause when hormonal changes can impact both gut health and mental well-being. Digestive symptoms from stomach pain, bloating, diarrhoea, constipation, and nausea can all come and go. Focus on a Balanced Diet: Eating a diet rich in whole foods, omega-3 fatty acids, and antioxidants supports gut health and overall well-being

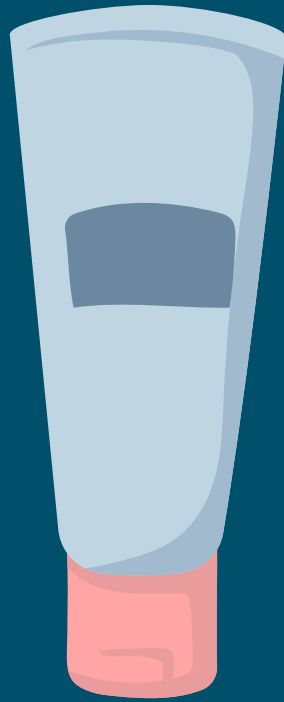
Genetics

Your family history can play a role in how you experience menopause. From the timing of symptoms to their severity, understanding your genetic predisposition can help you prepare and manage the transition with more insight.

GP

If you think you're experiencing perimenopause or menopause symptoms, you can speak to your GP. Before going, it's a good idea to make a list of your symptoms. A doctor may prescribe HRT or similar treatments or be able to provide alternative treatment advice. You may want to ask for a longer appointment and a doctor who is experienced in treating menopause symptoms.





HRT

Hormone replacement therapy (HRT) is a treatment used to help menopause symptoms. It replaces the hormones oestrogen and progesterone, which fall to low levels as you approach the menopause. Menopause symptoms HRT can help to treat include: Hot flushes, night sweats, sleep problems, mood swings, anxiety, low mood and vaginal dryness. It can take time to get the right type, dose and delivery system that works for you.

Hormones

Oestrogen, progesterone and testosterone are the 3 main hormones of menopause. With Oestrogen playing a leading role, womens bodies have oestrogen receptors all over their bodies.

When these don't have the fuel (Oestrogen) that activates them, they simply can't fire on all cylinders. This is when we see the most symptoms.

Happy hormones

'Happy hormones' decrease during menopause, so it's important to exercise for serotonin and endorphins, and boost your oxytocin with connection and hugs. Find activities that you enjoy to increase your dopamine levels.

Health risks

Menopause can increase the risk of certain health conditions, such as osteoporosis, heart disease, and weight gain, due to declining estrogen levels. It's important to focus on long-term health by maintaining a balanced diet, regular exercise, and arranging check-ups with your healthcare provider if you're concerned about changes to your body.

Hair

Menopause can cause hair changes such as thinner, more brittle hair. Read [this article](#) for advice on what hair products can help. Hair changes can be caused by a thyroid deficiency so you should speak to a GP if you have concerns.

Heart health

Oestrogen has a protective effect on our hearts before menopause, keeping our blood vessels and arteries nice and juicy and lubricated, alongside controlling our cholesterol. It is even more important that at this stage of life we take care of our heart through, nutrition, movement, stress reduction and HRT if possible.





Insomnia

Hormonal changes during menopause can cause insomnia. Treatments for insomnia can include certain medications, including HRT, exercise, eating healthily and stress management. Read [this information](#) from Women's Health Concern if you are experiencing sleep problems during menopause. Speak to a healthcare provider if you've started snoring or experiencing sleep apnoea, as these issues have some serious health consequences.

Informed choice

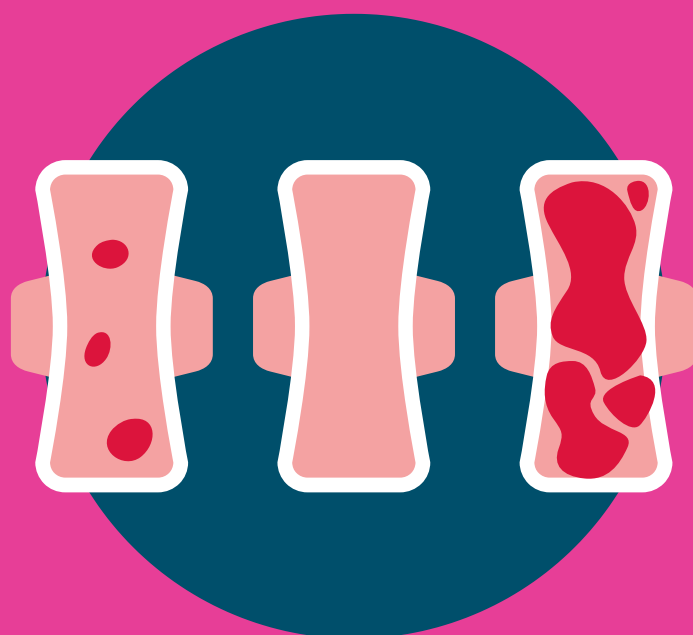
Your healthcare professional should help you to make an informed choice. This includes understanding the range of treatment options, potential benefits, risks, and alternative approaches, empowering you to choose what best suits your individual needs and preferences.

Incontinence

Urine incontinence can be caused by factors such as weakened pelvic floor muscles, weight gain and vaginal dryness. These factors are more common during menopause. If you're experiencing urine incontinence, you're not alone: urine incontinence can affect up to half of all adult women. Click [here](#) for more information about how to manage and reduce urine incontinence.

Irregular periods

An early sign of menopause can be experiencing irregular periods. If your periods start being unusually light or heavy, or have a different frequency, you may be starting menopause.





Jitters

The "jitters" in menopause are often described as a feeling of restlessness, anxiety, and nervousness. This can manifest physically as a racing heart, trembling, or difficulty sleeping. Try using breathing techniques or playing relaxing audios on apps like [Clementine](#) or the [Calm](#) app.

Joint pain

When oestrogen levels drop during menopause, joint pain can occur. This is because oestrogen protects joints and reduces inflammation. Osteoarthritis and muscle loss can also be impacted by a loss in oestrogen. To reduce joint pain, you could try low impact exercises, eating healthier and eating less sugar as sugar can cause inflammation.

Judgement

It's important to recognise that every experience of menopause is different. People experience different symptoms and prefer different treatments. It is personal choice whether or not to try GP prescribed hormonal treatments, and whether to make workplace adjustments or if you feel comfortable sharing your experience or not. Whatever your preferences, it's important to recognise that you are not alone, and that help and advice is out there. You know what's best for your body.





K

Keep a symptom diary

Your symptoms are like little invitations from your body asking you to respond. If you keep a diary of symptoms you can start to become aware of patterns. This can help you to seek help from those that are most impactful and also see areas of improvement as you start to make small positive changes e.g: Balance app.

Knowledge

It's important that we spread awareness about menopause. Thankfully, it is gradually becoming less of a 'taboo' topic, and those who feel comfortable to do so are sharing their experiences. More time and effort is being invested into menopause research, which will help GPs to treat menopause symptoms more effectively.

Kindness

If you're experiencing menopause symptoms, don't forget to be kind to yourself! Take some space and time to adjust to this new season of life as you work out what is best for your body and mind.





Local oestrogen

Local oestrogen, also known as vaginal oestrogen, is a type of hormone replacement therapy (HRT) that delivers oestrogen directly to the vagina. It can help alleviate symptoms like vaginal dryness, irritation, and discomfort, improving sexual function and overall quality of life for many menopausal women.

Low mood

Hormonal changes during menopause can cause you to experience increased stress and low mood. This can also impact your sleep and concentration. Treatment options include CBT (Cognitive Behavioural Therapy), counselling, HRT and mindfulness. You may also find [coaching](#) helps. Read more information [here](#).

Libido

Changes in hormones during menopause, such as decreased oestrogen, can cause decreased interest in sex. If you're concerned, or feel like it's impacting your relationships, you can speak to your GP about potential hormonal treatments.

Loneliness

People experiencing menopausal symptoms can feel alone, as they are going through a new experience in life that may isolate them from those around them. It's important to communicate your feelings and experience to your loved ones, if you feel comfortable to do so. Low self-esteem created by hormonal changes can also lead to isolating yourself. You could try connecting with others by reaching out to a friend, or finding a 'menopause café' to meet others with a shared experience.





M

Migraines

Menopause can significantly impact migraine patterns. Fluctuating hormone levels, particularly oestrogen, can trigger or worsen migraines during perimenopause. Some women may experience increased frequency or severity of migraines, while others may find relief as hormone levels stabilise post-menopause.

Misdiagnosis

There is no "test for menopause" and this can make a diagnosis hard. But what is clear is for individuals who are experiencing menopause symptoms and are over 45yrs, diagnosis can be done through a good symptom history and discussion with your GP.

Blood tests alone are inappropriate to be used as a way to diagnose menopause, mainly due to the fluctuation in our hormones during this period leading to inaccurate results. NICE guidelines are clear that those over 45yrs should not be having blood test to diagnose perimenopasue, the symptoms reported by the individual should lead a diagnosis.

Meditation

Mindful activities such as meditation can ease stress and anxiety and give you back some control over your body. You could try out some yoga too!

Mental health

Menopause can lead to low mood, anxiety and low self esteem. You may feel isolated and experience other problems that impact your mental health such as insomnia. It's important to take time for yourself, exercise, eat healthily and practice mindfulness. If necessary, don't hesitate to speak to your GP or look at getting some counselling.





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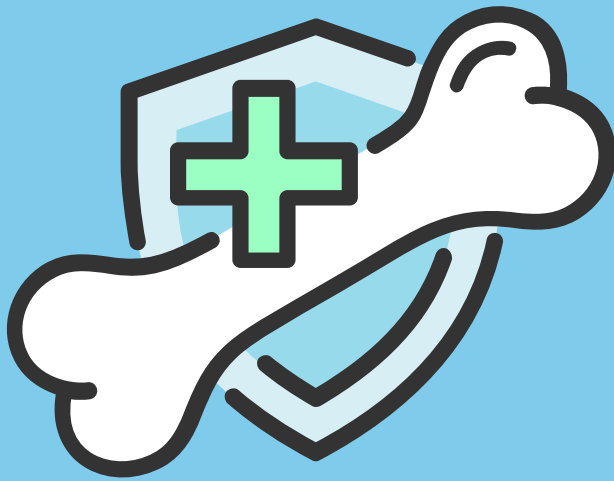
Nutrition and weight gain

Nourishing yourself is essential during this period as your body needs a little more care. The Mediterranean diet has been shown to be the most supportive of women's health across their lifespan. With studies showing it can positively impact your mental health, brain function and mood, and physical health including your heart. Eating this diet can benefit people experiencing pre-diabetes and diabetes.

Night sweats

Night sweats are caused by the same process as hot flushes in the day, they can be tough both physically and mentally as they can steal your sleep. Try to keep your room cool and well ventilated, have a plan for when you wake in the night how to resettle yourself.





Oestrogen

There are 3 main types of oestrogen with oestradiol being the most potent. Falling levels are responsible for most menopause symptoms, but it also plays a key role in our long-term health. It is our juicy hormone, nourishing and lubricating our body from the top to the bottom.

Osteoporosis

After the age of 50 women have a 1 in 2 chance of fracturing a bone. Oestrogen has a protective role against osteoporosis helping to keep our bones strong. To help reduce the risks it is important to keep moving and engaging in exercises that put a little health pressure on our bones like walking, jogging and weight-based training.

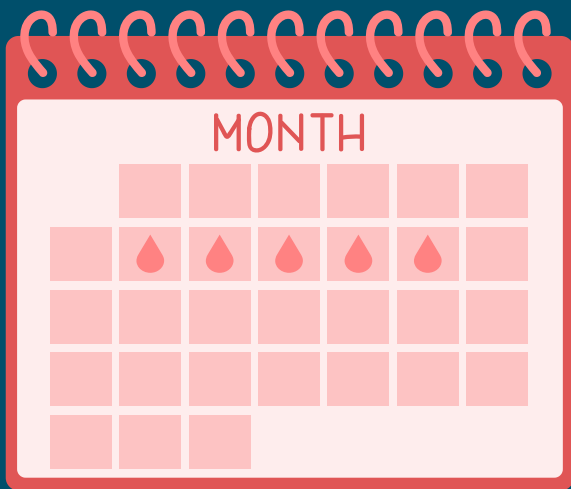
Ovulation

During menopause, ovulation becomes irregular, and so do periods. Once menopause is complete, ovulation and periods stop completely. This means eggs are no longer released.

Overwhelm

It's easy to become overwhelmed at all the new changes going on in your body and their affect on your sleep, relationships and mood. However, there is lots of support out there: you could get some counselling, go to your GP or try yoga for peace of mind. Communicating with loved ones will help ease some of this overwhelm too as it means you won't be going through it alone. It's easy to isolate yourself during a time like this, but remember there is help out there and you definitely are not alone.





P

Periods

During the perimenopause periods typically change and eventually stop following menopause. They can become shorter, lighter, heavier, longer more irregular and unexpected. However some women can still experience regularity in their periods during this time but experience many other perimenopause symptoms . It can be handy to keep an emergency sanitary kit with you just incase.

Partners

Knowledge and seeking to understand is key - educate yourself on what your partner may be experiencing, read, listen to podcasts ask questions including asking your partner "how can I help" "What do you need from me right now to support you?"

Peri-menopause

Peri-menopause is the stage before menopause happens. This is the time when your periods become more irregular in how heavy or light and how frequent they are. During this phase, you may notice many other menopausal symptoms such as: insomnia, flushes, night sweats and 'brain fog'.

Post menopause

Post-menopause is the phase after menopause has finished. This phase will last for the rest of your life, and symptoms of menopause can persist during this time. Keep looking after your health as much as you can during this phase, as your body can become more at risk of health conditions such as osteoporosis and heart disease.





Quality of life

All these symptoms can impact our quality of life level us feeling a loss of joy. But by slowly taking small steps with knowledge and sometime support our quality of life can return in fact as we begin to take more care of ourselves it can be even better than before.

Quiet

Menopause can affect hearing health. Declining oestrogen levels may impact the delicate structures of the inner ear, potentially leading to hearing loss or tinnitus (ringing in the ears) or increased sensitivity to noise and a need to seek quieter spaces.



R

Relationships

Menopause is a time when strong connections with others are more important than ever. A supportive network of friends, family, and even professional support e.g. therapist or coach can help you navigate this transition. Prioritise meaningful relationships that lift you up and provide emotional support during this change.

Reduced sex drive

Emotional, hormonal and other body changes can lead to a reduced sex drive during menopause. You may experience stress and depression, and a reduced level of reproductive hormones can cause less desire for sex.

Race

Race can affect the age at which you start experiencing menopause symptoms, and the type of symptoms experienced. For example, Black people experiencing menopause can start menopause earlier and report experiencing more hot flushes, while those from China or Japan can experience more sexual pain and decreased libido. People from South Asia, e.g India and Pakistan, are likely to experience menopause at a younger age. Research from the British Menopause Society has explained some of the different experienced by various ethnic minorities as they go through menopause.

Relaxation techniques

Relaxation techniques are a great way to take back control over your body and boost your self-esteem during menopause. You could do some yoga, or maybe meditation. Practicing mindfulness and slowing down will give you time to understand how you feel. It could help you sleep better too!





S

Self-care

There are lots of self care techniques that you can start doing to boost your physical and mental health. Some important methods include exercising more and eating better, alongside stopping smoking. You could reach out to others who are experiencing similar symptoms and create a support network.

Suicide

Like during any other period of our life if we are experiencing constant feelings of low mood, anxiety, loss of joy and self-worth these can all significantly impact how we think and feel about ourselves and life. For some, this may lead to the feeling of wanting to end their life. If you have thoughts of suicide, call [Samaritans](https://www.samaritans.org/) on 116 123 or [CALM](https://www.calm.org.uk/) on 0800 58 58 58. You could also contact Cumbrian charity [Every Life Matters](https://www.everylifematters.org/).

Stigma

Unfortunately there is often a stigma around menopause about being 'past your best'. A lot of this is linked to fertility, or menopause being a sign of ageing. Let's break the stigma! These harmful views are not true and it is possible to find a new lease of life and a fresh start during menopause.

Skin changes

During menopause, declining oestrogen levels can lead to skin changes, such as increased dryness or sensitivity, as well as affecting hair, nails, eyes, and the mouth. Products that once worked well for your skin may no longer be effective or may cause irritation due to these hormonal shifts.





Therapy

Therapy and coaching can be very effective in helping you to manage the psychological aspect of menopause. The mental and emotional symptoms are very real and we often find it hard to identify the cause working alongside a professional can help you to manage and find some stability during this transition.

Testosterone

Testosterone steadily declines during perimenopause. Not all women who choose to take HRT will wish to take testosterone but for some women, it can be a beneficial addition. The currently NICE guideline recommend testosterone as part of menopause treatment for women who have low libido or other symptoms that don't respond to oestrogen alone.

Temperature

Many people going through menopause will experience flushes, night sweats and a raised temperature. This happens due to hormonal changes, and can be made worse by wearing thick layers of clothing and drinking hot drinks. Wearing thinner layers of clothing, using a fan and reducing stress can help to reduce flushes. Speak to your GP if you would like some more advice.

Tinnitus

A drop in oestrogen and progesterone levels during menopause can affect your hearing and cause tinnitus. Reducing stress levels can help with tinnitus, and sometimes ear wax removal might be necessary. Speak to your GP if you have concerns.



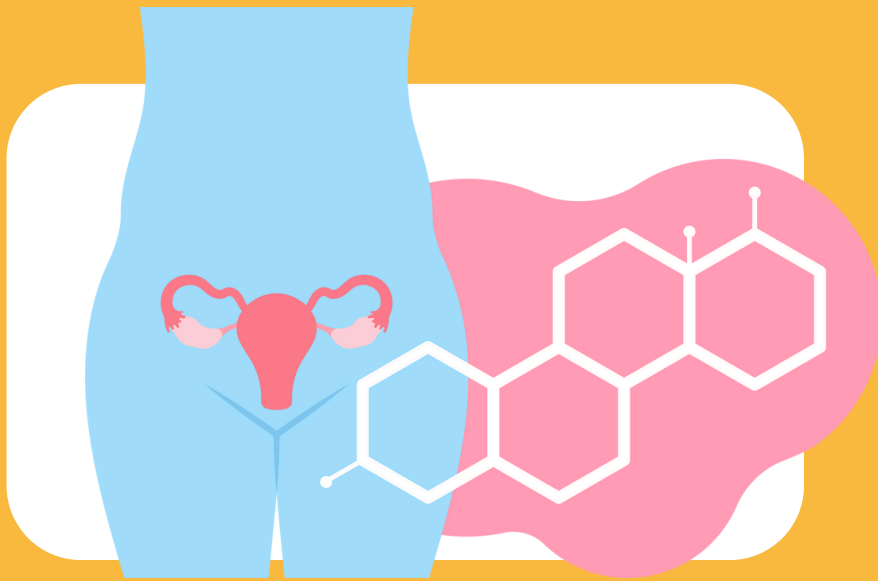


Uplifting

Although it all sounds a bit doom and gloom this stage of your life can also be a time of personal growth "Me Time". Mother Nature is as clever as any women and she is trying to get to take stock and truly check in with what we need right now for a new chapter of our life.

UTIs

During menopause, lower oestrogen levels can lead to changes in the urinary tract, increasing the risk of urinary tract infections (UTIs). These hormonal changes can cause the vaginal tissues to become thinner and drier, making the urinary system more susceptible to infections.



V

Vagina and vulva

Vagina (the bits you can't see) and Vulva (the bits you can see) are made of fairly delicate tissues which can all become thinner and drier due to hormonal changes which can lead to uncomfortable symptoms, with 2/3 of women experiencing these. Please discuss this with your health care professional as lots can be done to ease the discomfort.

Vitamins

There is no magical menopause supplement or vitamin despite the amazing branding and hype which often come with a high price tag.

Before supplement consider how to support your nutrition through food and focus on how to introduce more foods that can support the vitamins you wish to focus on. For example magnesium which has been shown to be supportive of sleep and an improvement in muscle and joint aches and pains. or vitamin D which can support bone health.





W

Workplace

3/5 of women feel their menopause symptoms have a negative impact on their work life.

Workplaces must protect the health, safety and welfare of their staff and must ensure that your menopause symptoms are not exacerbated by your work or work place. Please speak to your employer and share how you are feeling, ask what support they can offer.

Worse PMS

As women approach menopause, the symptoms of PMS—such as mood swings, irritability, and bloating—may become more intense or shift into new symptoms like hot flashes, sleep disturbances, and vaginal dryness.



XX chromosomes

People who have XX chromosomes are most likely to experience menstruation and later experience menopause. Most of these people are women, however, there are trans men, non binary and intersex people who can also experience menopause. It's important to be understanding and don't make any assumptions or ask any uncomfortable questions - you never who who may or may not be going through menopause.

X-ray

Early menopause (before 45yrs) can increase the risk of osteoporosis, a condition that weakens bones and makes them more prone to fractures. A Dexa scan can be a valuable tool for assessing bone health and establishing a baseline to monitor bone health over the coming years.



You matter

You Matter! Menopause is a reminder to put yourself first. Prioritise your health, well-being, and happiness. Self-care isn't selfish, it's essential. You deserve to thrive during this new chapter."

Yeast infections

Yeast infections are more common during menopause because hormonal changes can lead to thinner vaginal tissue. This can create an overgrowth of yeast. Symptoms can include: painful sex and urination, rashes, redness, swelling and odorless discharge. Treatments for yeast infection can include HRT, probiotics and eating more fiber, healthy fats and protein and less refined carbohydrates. Speak to a GP or gynecologist if you would like advice.

Yoga

Yoga is a great way of relaxing both your mind and body. It can also help with sleep problems. You could go to a yoga class or try out some yoga poses at home. You could also try other relaxing activities like meditation or tai chi.





Zzz

During menopause, it's a good idea to look at your sleep habits and try and get as much rest as you can. Insomnia is a frequent symptom of menopause. To help you sleep better, you can look at eating better and exercising more. Wearing thinner layers of clothing and practicing mindfulness to reduce stress can help reduce the likelihood of night sweats.

Zigazig-Ahhh

ZigaZigahh! Embrace the spice - menopause can be a time to rediscover your energy, passions, and strength. With a little knowledge and support, we can find small ways to embrace the change with confidence and a little extra spice!" Just not in our food as that kind of spice can bring on the flushes.

Zen

Find your Zen, whether it's a place, a practice, or a person who brings you peace. Menopause is a time to embrace stillness and reconnect with what calms and centers you, helping you navigate change with balance and clarity."



Thank you

Lynsey Eland, Dandelion Coaching:

“At Dandelion Coaching, we believe menopause is not an ending—it’s a transition, a time of change that, while challenging, can also be an opportunity for growth and renewal. Our work is rooted in the understanding that menopause is as much an emotional and psychological journey as it is a physical one.



Too often, women are left feeling isolated, overwhelmed, or unheard during this phase of life. But you don’t have to navigate it alone. Through compassionate support, evidence-based guidance, and a deep commitment to women’s well-being, we help women reclaim their sense of self, confidence, and vitality.

Working in partnership with Healthwatch Cumberland to create this resource has been a huge pleasure—this collaboration has been all about women coming together to support, uplift, and empower others. It’s a testament to what happens when we share knowledge, open conversations, and ensure no one has to face menopause alone.

“Whether you’re seeking knowledge, reassurance, or simply a space to feel seen and understood, Dandelion Coaching is here for you. Menopause is a shared experience—one that deserves open conversation, expert support, and a community that champions your well-being.”

If you would like support from Lynsey, you can visit:
www.dandelioncoach.co.uk

Thank you

Thank you so much for reading our A-Z of Menopause!

Our Mental Health in Menopause project was a wonderful chance to meet lots of incredible women, including Lynsey from Dandelion Coaching. Lynsey has been such an asset during this project and we are so grateful for her help - thank you!

Thank you to everyone who has contributed to this resource and those we engaged with during our Mental Health in Menopause Project.

Once again, this resource is not exhaustive and does not replace professional clinical help. If you are concerned about any menopause symptoms, we recommend you seek medical advice from a healthcare provider.

We would love to hear your feedback on our A-Z of Menopause. If you would like to let us know your thoughts, please email: info@healthwatchcumberland.co.uk with 'A-Z of Menopause' in the subject line.

