



Support












6 simple steps for a positive menopause

- 1) Knowledge is power
- 2) Seek advice
- 3) Speak up
- 4) Don't despair and don't compare
- 5) Know your body
- 6) Pause for thought

[6 Simple Steps for a Positive Menopause - Promensil](#)

NHS Grampian - caring • listening • improving

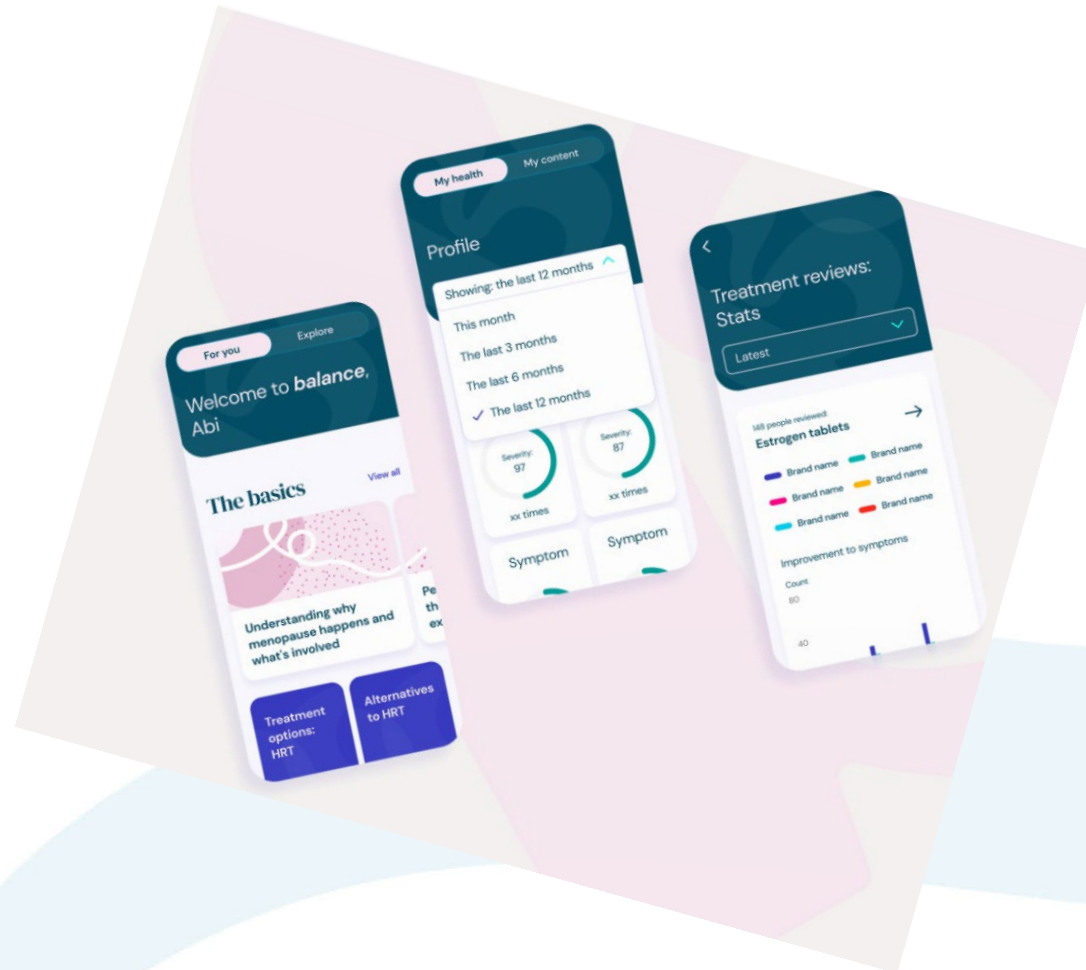
Find a summary of each symptom - why they happen and what you can do. We'll tell you what you should be eating, what to avoid, share lifestyle tips, the complimentary therapies and medical management options.

 <p>HOT FLUSHES</p> <p>Hot flushes in menopause can bring unpredictable and uncomfortable temperature surges that come from nowhere!</p> <p>LEARN MORE</p>	 <p>ANXIETY</p> <p>Overwhelming anxiety is one of the most misunderstood symptoms of menopause.</p> <p>LEARN MORE</p>	 <p>MOOD SWINGS</p> <p>The emotional roller coaster experienced by many women during menopause.</p> <p>LEARN MORE</p>
 <p>VAGINAL DRYNESS</p> <p>Dry, itchy and irritable. An uncomfortable subject few of us discuss.</p> <p>LEARN MORE</p>	 <p>LOSS OF LIBIDO</p> <p>Are those flames of desire like ashes in the pan? Let's relight your fire!</p> <p>LEARN MORE</p>	 <p>FATIGUE</p> <p>Extreme exhaustion affecting mood, well-being and the ability to concentrate.</p> <p>LEARN MORE</p>
 <p>DEPRESSION</p> <p>Hormone fluctuations may impact your state of mind, triggering</p>	 <p>OSTEOPOROSIS</p> <p>Breezing through menopause? What about your bones?</p>	 <p>WEIGHT GAIN</p> <p>One of the most frustrating and demoralising symptoms of</p>

[Menopause Symptoms: The List — PositivePause](#)

**WE
CARE**

Balance for menopause app



Resources and support



- **British Menopause Society** <https://thebms.org.uk/>
- **My healthy workplace** top tips, symptom checker, menopause cafe information, [My Healthy Workplace](#)
- **Menopause Matter** providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options.
- [Menopause Matters, menopausal symptoms, remedies, advice](#)
- **Menopause Doctor Balance** Get the most up-to-date information, advice and NICE Guidelines for the menopause and perimenopause <https://www.menopausedoctor.co.uk/menopause>
- **Menopause and Me** A site that is dedicated to supporting you throughout your menopause journey. <https://www.menopauseandme.co.uk/en-gb>

Resources and support



Live well through menopause- wellbeing and self care

[Living well through your perimenopause and menopause \(balance-menopause.com\)](https://www.balance-menopause.com)

Food

[Menopause and diet | British Dietetic Association \(BDA\)](#)

Sleep

[Sleep-and-hormones-1.pdf \(balance-menopause.com\)](#)

[17-WHC-FACTSHEET-Menopause-and-insomnia-SEPT2021.pdf \(womens-health-concern.org\)](#)

HRT alternatives due to shortage

[British Menopause Society update on HRT supply - British Menopause Society \(thebms.org.uk\)](#)

Final thoughts



Tips for Dealing with Symptoms

- Wear light clothing
- Keep your bedroom cool at night
- Use a fan or have a cold drink
- Get plenty of rest
- Take a face mist spray with you
- Take regular exercise and maintain a healthy weight
- Get some sunlight or take vitamin D supplements if you don't feel you're getting enough of this
- Stop smoking and reduce your alcohol intake