



Understanding Menopause

A personal guide to your wellbeing and support



What menopause means for you

Menopause is a natural transition, but it can bring physical, emotional, and mental changes that affect daily life. Every experience is different, and symptoms can vary in type and intensity.

Common symptoms include fatigue, anxiety, hot flushes, poor sleep, brain fog, and changes in mood or concentration. These can fluctuate, making some days feel easier than others.

You're not alone in this. With the right understanding and support, you can manage symptoms and continue feeling confident and capable in all areas of life.

Talking about menopause at work

It can feel daunting to raise the topic at work, but starting the conversation can open the door to real support.

When you feel ready, speak with your line manager, HR, or wellbeing lead. You don't need to share every detail, focus on what would help you feel more comfortable and able to perform your role effectively.

Examples of helpful adjustments include:

- Access to a fan or cooler uniform options.
- Flexible start times or short rest breaks.
- Time off for medical appointments.
- A quiet space to rest or cool down if needed.

Your wellbeing matters, and these small changes can make a big difference.



Building your support network

You're not alone in this journey. Support can come from many places, family, friends, colleagues, or health professionals.

Where to find reliable information and support

- NHS Menopause Guidance: [nhs.uk/menopause](https://www.nhs.uk/menopause)
- Menopause Matters: [menopausematters.co.uk](https://www.menopausematters.co.uk)
- **Balance App:** Free symptom tracking and expert advice
- Henpicked Community: [henpicked.net](https://www.henpicked.net)
- The Menopause Charity: [themenopausecharity.org](https://www.themenopausecharity.org)



Looking after your wellbeing ✓

Small, consistent habits can make a real difference to how you feel.

- **Stay hydrated** and try to reduce caffeine or alcohol, which can trigger symptoms.
- **Dress in breathable layers** and keep a small fan or water bottle nearby.
- **Prioritise movement** such as walking, stretching, or yoga to boost energy and improve mood.
- **Focus on sleep** by keeping your bedroom cool and setting a regular routine.
- **Make time for relaxation** through mindfulness, journaling, or simply taking quiet moments for yourself.
- **Eat balanced meals** rich in whole foods, protein, and calcium to support bone and heart health.

You don't have to overhaul your lifestyle overnight. Even small adjustments can create meaningful improvements over time.

Consider:

- Talking with people you trust about how you're feeling.
- Joining workplace or community menopause support groups.
- Using online forums or apps to track symptoms and share experiences.
- Seeking professional medical advice to explore treatment or lifestyle options.

The more open we are, the easier it becomes for everyone to understand and support one another.



E3 Recruitment

- 📞 01484 645 269
- ✉ marketing@e3recruitment.com
- 🌐 www.e3recruitment.com

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