

Menopause, mental health, *and me*

Mental
Health
UK



Self-care tips

Menopause is a major life transition. Whether your symptoms are mild or feel overwhelming, perimenopause and menopause can be a good opportunity to prioritise yourself and take care of your mental and physical wellbeing.

- **Make yourself a priority:** Your wellbeing is important and it's ok to ask for help or to say no to things if you need to. You may also find it helpful to [!\[\]\(30a147af384f9f71632c2ff17bc706c8_img.jpg\) identify causes of stress and how to manage this.](#)
- **Don't suffer in silence:** Help and information are available — ask your GP for support and talk to someone you trust. Find out as much as you can about menopause and what works for you.



- **Night sweats and insomnia can make sleep challenging but rest as much as you can:** Try relaxation techniques or guided meditations to help you fall asleep or get back to sleep if you wake in the night.
- **Try to eat as healthily as you can:** Up your intake of fruit and vegetables and cut down on refined sugar, coffee and alcohol, which can make symptoms worse.
- **Movement can help with sleep and balancing moods:** If you're able to, incorporating some moderate exercise into your day can have a positive impact. Even better if you can get outdoors.
- **Allow yourself to feel all of your emotions without judgement:** Writing a journal or talking to a therapist can help with processing how you are feeling. Samaritans also run a free listening service on 116 123 and are available 24/7 to help you with any mental health challenges you need to discuss.



Take time to check in with yourself when you can: Our daily mood tracker is a great tool for keeping track of how you're feeling and identifying patterns.

- **Don't compare yourself with anyone else:** Everyone experiences menopause in their own way and your combination of symptoms will be unique to you.

- **If you prefer to connect with people in person,** you can go along to a local [!\[\]\(95b42f0077faf7439a26242a54e021ec_img.jpg\) **Menopause Café**](#) - which offers a safe space to discuss menopause with people who may be having similar experiences to you.

- **Menopause brings losses but can also be a time of new beginnings:** Have a think about what you might like the next chapter of your life to look like.

Do you have your own tips? We'd love to hear your tips and our Clic menopause hub is a great place to share them: [!\[\]\(0f848bbd71cef6b345273b16f905912a_img.jpg\) **Menopause - Clic**](#)

