



Cognitive Behavioural Therapy

CBT is a proven technique to improve many menopausal symptoms such as hot flushes, night sweats, sleep problems, mood, and stress.

These symptoms can all be interlinked through both physical bodily reactions and emotional perception. Often it becomes a vicious circle'- the more stressed you are, the more you can experience poor sleep, brain fog, sweating, and palpitations. Conversely, the more intense your menopause symptoms, the more stressed and anxious you can become.

Cognitive Behavioural Therapy works as a treatment model by helping us understand that how we think and feel about our physical symptoms can impact how we how we react and behave. By understanding our emotions, we can develop skills to react differently and change our future behaviour patterns. This in turn can decrease the intensity of bodily reactions (symptoms).

The use of CBT is individual, and results vary from person to person. You may wish to explore the role of CBT to help alongside other treatments or u=you may wish to use it as stand-alone treatment. There are general CBT courses available as well as course for more specific issues such as CBTi (insomnia), which has proven benefits to help with long term sleep issues.

Resources:

There are many resources for CBT, available both in the NHS and privately. You may wish to seek recommendation from someone you know who has already undergone such treatment.

NHS:

Talking therapies

<https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service>

Here is a resource to look for a registered private psychologist in your local area:

<https://portal.bps.org.uk/Psychologist-Search/Directory-of-Chartered-Psychologists>

