



THE PAUSE PLAN

5 Practical Steps to Navigate
Menopause at Work

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PAY ATTENTION

Notice changes in hot flashes, sleep, mood, concentration, menstrual patterns and daily functioning. Track when they happen and how they affect your day.

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ASK FOR SUPPORT

Talk with a qualified clinician when symptoms affect well-being, work, or relationships. Other conditions can cause similar symptoms.

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USE WORKPLACE ADJUSTMENTS

Consider reasonable breaks, cool water, a portable fan, breathable clothing, and scheduling flexibility. Written reminders and focus time may also help.

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SUPPORT YOUR WHOLE HEALTH

Prioritize sleep, physical activity including strength training, nutritious food, and connection. Stress management supports well-being but may not stop hot flashes.

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EXPLORE EVIDENCE-BASED OPTIONS

Discuss effective hormonal and nonhormonal treatments if symptoms bother you. Choices should reflect your medical history, risks, and preferences.

MY NEXT 7-DAY ACTION

This week I will: _____

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Educational only; not individualized medical advice. Seek evaluation for concerning symptoms, including unexpected heavy bleeding or any bleeding after menopause.