

# Mentally Healthy M-PAUSE

*Dandelion Coaching*



# FIVE STEPS TO A MENTALLY HEALTHY MENOPAUSE AND PERI-MENOPAUSE

## Helping you to think and feel better

Perimenopause and menopause can lead to a range of physical and psychological symptoms, and hormonal changes, the physical symptoms, and their unpredictability may contribute to emotional distress during perimenopause and menopause.

It is so important to find, learn and practice ways to look after your emotional well-being whilst going through this stage of life.

One of the first things to do is to **try to be more accepting of yourself**. I work with many women who feel like they can't cope with menopause.

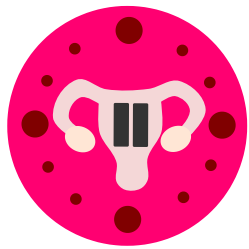
I hear them saying, "I should be good enough to handle this" or "This is a joke, why can't I just get through it?" But we need to **give our bodies and ourselves time to adapt and accept that changes may be necessary**. I would encourage you to be mindful of your stress levels and take steps to manage them where possible. Which I know feels easier said than done.

I hope this simple booklet will help you, when you are ready, to take the steps you need to support your well-being.

Remember this is not about making mass changes all at once, but taking a little time for yourself and working out through practice and patience what works for you as an individual.

Helping you to think and feel better.

# Mentally Healthy M-Pause



*Giving space to explore the emotional, physical and practical aspects of the menopause*

## Peri-menopause and Menopause

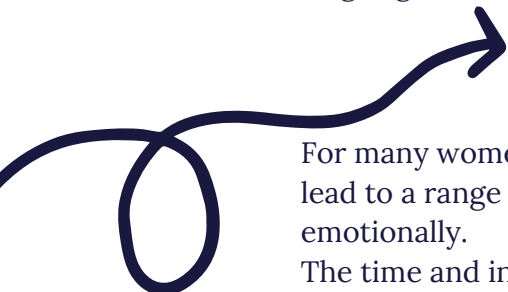
### Peri-menopause

Peri-menopause also called the 'menopausal transition' is the period before menopause when we can begin to experience symptoms as we approach menopause. This can often begin in your 40s.

### Menopause

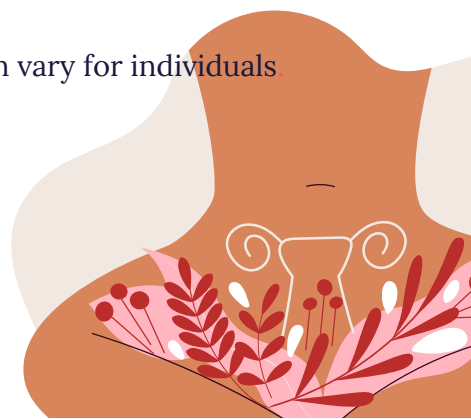
Is a stage in a woman's life when her periods stop permanently. It occurs with the final menstrual period and is usually diagnosed after 12 consecutive months of no periods

In the UK, the average age of natural menopause is 51 years, although this can vary for individuals



For many women, peri-menopause and menopause can lead to a range of symptoms both physically and emotionally.

The time and intensity of these symptoms will affect each individual differently.



## HORMONES CHANGES AND AFFECTS

Hormonal changes and their unpredictability, physical symptoms, stigma, and society's perceptions can all impact women's mental and emotional health.



Oestrogen  
**PROGESTERONE**



**Anxiety**  
**Loneliness**  
**Depression**

## TYPICAL FEELINGS

It is very typical for women to feel this way during this time. It can be challenging to deal with these emotional changes, alongside the physical changes experienced.

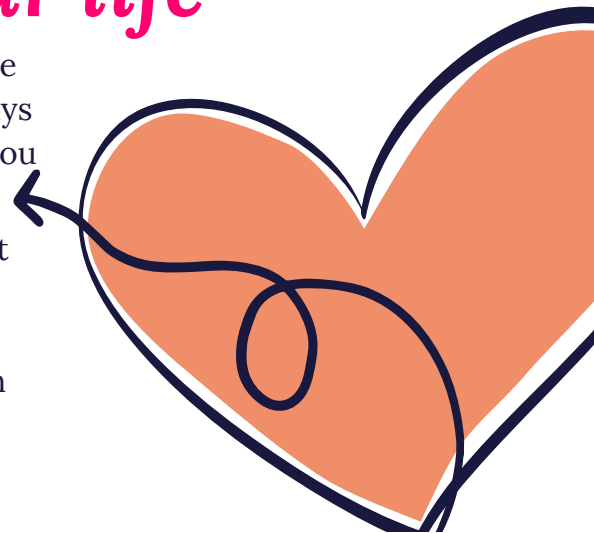


**It is essential to take care of all your emotions to prepare for and during this stage of your life**

I believe if our mental health is in a positive space, this can have the biggest influence on our ability to cope and thrive. Some days will be easier than others, so be kind to yourself, whilst giving you body time to adjust.

Lots of women share that psychological symptoms are the most impactful and can really interfere with our quality of life.

With lifestyle changes we can influence and protect our mental health, however, if symptoms become severe and interfere with daily life, please seek professional help.



# THE FIVE WAYS OF WELLBEING

Research has shown that making some steps in the following five areas of your life will have a positive impact on your mental health. When you've had a look at these ideas why not design a well-being plan of your own and see how making some small changes can have a really positive impact on how you feel?



# 5



## Stay Connected

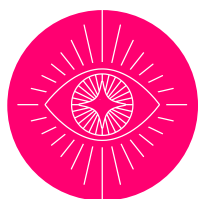
Building strong social connections in our lives can increase our feelings of happiness, confidence and self-worth.

e.g. invite a friend for a coffee



## Be Active

Being active doesn't need to be too intense for you to feel good – there's evidence that low-impact physical activity can be effective in promoting psychological well-being. e.g. try "movement snacking" – doing 3 x 5min walks a day



## Take Notice

Studies have shown that being aware of what is taking place in the present can improve our mental wellbeing and that truly paying attention to 'the moment' can give us a break from the "what ifs".

e.g. go for a walk without your phone



## Keep Learning

Learning can boost our life satisfaction, self-confidence, self-esteem, and optimism. It can also give us a sense of purpose.

e.g. Read a chapter of a new book or cook a new recipe



## Give to Others (& yourself)

There is good evidence that committing acts of kindness, big or small, random or planned can give us a sense of purpose and make us feel happier and more satisfied about life.

But please consider yourself in this, as women we often find ourselves at the bottom of the give list.



# THE FIVE WAYS OF WELLBEING

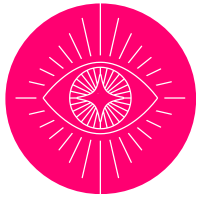
WHAT STEPS DO YOU WANT TO MAKE TOWARDS FIVE WAYS OF WELLBEING ?



**Stay Connected**



**Be Active**



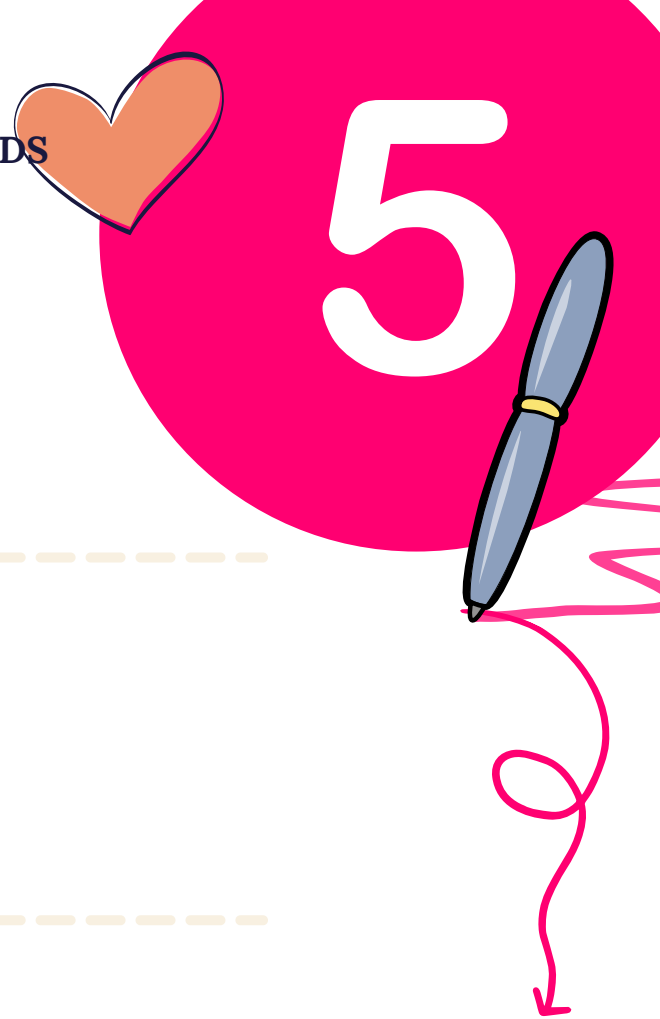
**Take Notice**



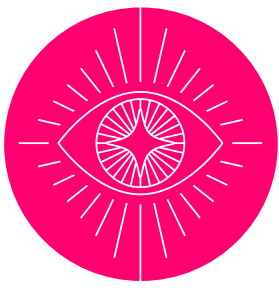
**Keep Learning**



**Give to Others (& yourself)**







## Take Notice



# Have you tried Morning Pages?

Julia Cameron's Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning. \*There is no wrong way to do Morning Pages\*– they are not high art. They are not even “writing.” They are about anything and everything that crosses your mind– and they are for your eyes only.

Morning Pages provoke, clarify, comfort and can cajole, prioritize and synchronize the day at hand.

**Do not over-think Morning Pages:** just write, put three pages of anything on the page...and then do three more pages tomorrow.

We wake up with a load of thoughts floating around in our minds. Morning Pages act as a ‘brain dump’ that will clear your mind to focus on other things. Whether it's the small distracting thoughts that can take our attention or bigger, more challenging issues that can at times hijack our thoughts, Morning Pages allow us to “dump” all the “stuff”, making way for more constructive and creative thinking.

### Get ready

- Journal - or simply any blank paper
- Pen
- Comfy Seat
- 5mins
- Hot drink

*Write about whatever you want. Don't think you have anything to say? That's fine. Simply start writing “This is so stupid, I have no clue what to write...”*

Once you feel in a routine you can add a second stage if you like and pick out a couple of particular actions that you want to address from your pages. Creating a helpful To-Do List



## Head Space

# Deep Breath with Rain Drops

We all need a little headspace from time to time. This can be hard if we are experiencing anxious feelings. Using a tool to help us switch off for a few moments can help. Head Space is a great app and their YouTube Channel has lots of free sessions on there from as little as 3mins.





## Ease the Stress



# Stress Less plan

## Stress Less -

Easier said than done I know but this is an area to focus on. Menopause and the associated symptoms and feelings can cause stress and in turn, this can make our symptoms worse. For example, the stress-hormonal disruption-stress cycle can result in a cycle of feeling irritable, waking nights and hot flushes.

## Stress Awareness -

Over the next week simply notice or keep a journal of when and what surges your stress, even the little things.

## Stress Plan -

Set a little time aside and look at what your stress surges

**Ask yourself Q. What is surging my stress and stealing my calm?**

Write everything down in a **Stress Surge list**

## Stress Split-

Using your stress surge list, group all these stress into

Let go  
Delegate  
Deal with  
Discuss



- Sorting the MOT
- When is the insurance due
- Present for Emma
- Collect Dog medicine
- Speak to manager re...

**Let go** - Of the things you can't control or change

**Delegate** - We often find ourselves thinking we have to do everything, and our needs end up at the bottom of our list. Be honest can someone else help if you ask them

**Deal with** - Taking action if we keep pushing things to the bottom of our to-do list that needs our attention, will drain our battery and subconscious focus.

**Discuss** - Talk to someone, get it off your chest. Talking stresses out loud and with someone you trust can help you to see bigger perspectives or options you can't see for the stress you are feeling.

If you are still feeling overwhelmed or stuck consider working with a coach to help you have a supportive, professional thinking partner they can help you silence life's chatter, create a plan and get to what matters.





## Stay Connected

For some people being alone, well for a short while, is like living in heaven – a little holiday away from the constant demands placed on our time and attention, by everyday life and those around us.

Many women I speak to often share how they are losing interest in being social and all they want to do is hide away at home.

😞 Feelings of anxiety and fluctuating moods can also play a role in why women start finding it challenging to socialise.

Menopause means a decline in the hormones that have boosted connection and driven nurturing behaviors. These changes can take time for us and those around us to adjust.

♥ **Be kind to yourself during this time.** Remember when days feel tough as we go through menopause we can seek positive micro-moments and interactions.

♥ **Every day try and connect with people** around you and use those moments to reduce your sense of isolation and loneliness.

♥ **If big social occasions are to much** right now that doesn't mean you have to stop socialising all together. Do small social interactions like a coffee with a friend in a small quiet coffee shop. A date night at home rather than in a busy restaurant.





## SOURCES OF SUPPORT AND HELP

It can take us time to steady our emotional wellbeing and it's ok to reach out for help too

If your life is at imminent risk, please call 999 for immediate help.



## Telephone Helplines

### MindLine Cumbria 0300 561

0000 provide practical information about mental health, services and support. They can help you understand your situation better, explore your options or just be there to listen.

### Samaritans 116 123

Whatever you're going through, the Samaritan's will face it with you. They are there 24 hours a day, 365 days a year

### Shout Text SHOUT to 85258

If you are struggling to cope and need to talk, SHOUTS trained Volunteers are there for you, day or night.

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

## Websites



Menopause Support is a not-for-profit community interest company and the home of the national #MakeMenopauseMatter campaign. both founded by Diane Danzebrink.



The Charity is aiming to bust myths, overcome ignorance and make menopause symptoms history.

## NICE

National Institute for Health and Care Excellence

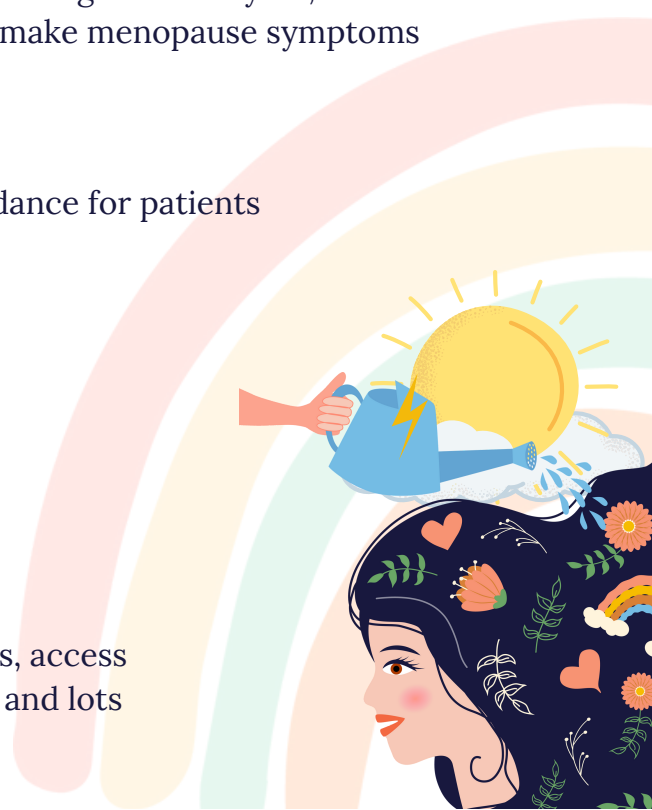
NICE Menopause Guidance for patients

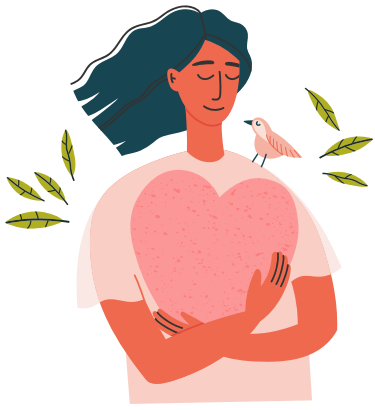
## Apps



### Balance Menopause App

Balance allows you to track your symptoms, access personalised expert content, share stories and lots more.





## WHAT WE DO

Dandelion Coaching is a Not-4-Profit and provides workshops to individuals, communities, and workspaces to compassionately explore the physical and emotional aspects of peri-menopause and menopause.

## OUR VALUES



Our core values of making the complex seem simple and creating space for choice, strength, and curiosity for women.

## OUR MISSION



To support women experiencing transitional moments to achieve their full potential

Would you like your workplace to understand how to support you and your colleague with menopause in the workplace?

**Start the conversation in your workplace and share our work with your employer**



### **Glow in the Workplace 2.5hrs**

Creates space for workplaces and teams to develop their Peri-Menopause and Menopause awareness and confidence.

- Breaking down stigma and offering appropriate support to their team and colleagues.
- Including how to offer small adjustments, that really can make a big difference.
- Managing the balance between concern for the individual and the overall workplace and role.
- How to demonstrate meaningful engagement.

As a professionally trained and experienced coach, I also offer individual coaching to women who may be experiencing any transition in their personal and professional life.

**If you would like to discuss how coaching can help you, or for more information please contact me. I offer a free introduction no-obligation coaching session.**



**NOTE:** Dandelion Coaching sessions and accompanying resources cannot and does not contain medical/legal advice. The fitness/health/other information is provided for general informational and educational purposes only and is not a substitute for professional advice. Accordingly, before taking any actions based upon such information, we encourage you to consult with the appropriate professionals. We do not provide any kind of medical/legal/fitness/health/other advice. The use or reliance of any information contained is solely at your own risk.

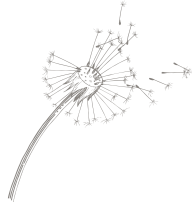


Some of the amazing organisations we have supported on the road to menopause awareness and support



# DANDELION

*Be more Dandelion & less Orchid*

	BOTANICAL NAME TARAXACUM
	MEANING HOPE, FREEDOM, OPTIMISUM, FULFILLMENT
The dandelion has one of the longest flowering season of all plants (just like women)	

Please can we ask that this booklet is not reproduced ~ as a not-for-profit social enterprise our work supports our community and to associated causes to offer support. If you would like additional booklets please contact us.



LynseyDandelioncoach



dandelion\_coach



lynsey@dandelioncoach.co.uk



www.dandelioncoach.co.uk