

# How I Found Positivity and Empowerment in Menopause

By Megan (Mimi) Hayward

It started when I was 38, perhaps a year or so before! The Menopause transition.

My menopause journey started like most women with a change in my menstrual cycle, however after experiencing almost all of the 40 something symptoms, in a short period of time, being diagnosed as seriously iron deficient, and that I could have bowel cancer because I didn't tick all the boxes for perimenopause.

I was lost, confused and felt like I was in spiral I could not seem to find the way out of. Please the full story on my website.

Since my Menopause journey started, it seems to me that every week, or month I have a new thing to modify, which is good when you are open to it, but at first, I felt like I was missing out or really turning into an old lady (whatever that is!) or going full pace into never ending brick walls. It does get better, I promise!

I live by my mantra of Movement, Mindset and Modify.

Heraclitus, the Greek philosopher from 500 BCE concluded, things are constantly changing, and we are always in a state of universal flux.

I worked out early on that I needed to embrace the modify and flux as part of the journey. I encourage you to do the same, because this is where you will find the most resilience and courage in the Menopause morphing process.

Modify means the ability to accept the things you are not in control of (the traffic jam, the rain, someone else's attitude, or mood) and the courage to take control of what you can (what I put in my mouth, when I go to bed, how I spend my time, my behaviour, who I hang around with).

By opening myself to this continuous flow of energy, I feel relaxed about creating new habits and refining boundaries, which ultimately makes my life (and those in my life) and my Menopause journey a more positive one.

Modify is about accepting this change in your life journey. Accepting that you may have to modify what you do, how you do it, where you do it, who you do it with and to find the new and improved tools and habits that you need to keep evolving in the right direction.

Accepting does not mean being defeated. In fact, it is about finding and creating a positive energy to enlighten and empower.



*Left: terrified, stone cold sober and sleep deprived, wondering what on earth is going on, this is just before the revelation*

*Right: before the really severe symptoms kicked in, happy, carefree, and me!*

I needed to reduce or simply give up things, such as alcohol, smoking (that was a no brainer!), and sugar. I have had to make new agreements with myself and my husband of 26 years, as well as some new agreements with friends.

I have taken up new hobbies and made new acquaintances and broadened my networks and community as a result. I work my day job, during normal business hours (not at 10pm anymore!) and I see the sunrise every Sunday morning, after a good night's sleep! You can make new agreements and hobbies too.

Modify means only doing things that are positive for you and letting go of the things that are no longer serving you.

Like every other part of my menopause journey so far, modify is about the combination of things; little tweaks, adjustments, trials, micro doses, big gulps, and a holistic approach to wellness that is fundamental in making sure that you are Positively Charged and feeling as awesome as possible.

Change or modifying can be challenging for lots of reasons, but it doesn't have to be if you take the first step, towards doing the things that are positive for you.



### **Mimi Moon Meno (aka Megan Hayward)**

Megan (Mimi) Hayward is a licensed menopause expert and the founder of Mimi Moon Meno®, a pioneering Meno Concierge® service dedicated to guiding everyone through one of life's most challenging transitions. Megan's personal journey through perimenopause ignited a mission to bring visibility to a subject too often kept in the shadows.

She leads transformative workshops empowering women to reclaim their health and voice during this life stage. Megan's mission is to challenge the stigma, elevate awareness, and advocate for systemic change, ensuring that no woman has to face this journey alone.

