

## What can we do to look after our mental health and wellbeing during the menopause?



### **Exercise regularly:**

Exercise has been shown to be an effective way to reduce anxiety and depression, and it can also help women manage the physical symptoms of menopause, such as hot flashes and night sweats.



### **Practice relaxation techniques:**

Relaxation techniques, such as yoga, meditation, and deep breathing exercises, can help to reduce stress and improve mood.



### **Seek support:**

Talking to your GP in the first instance. Sharing with trusted friends or family, or can also help women. Joining a menopause support group can also be helpful, as it provides a safe space for women to share their experiences and receive support. Talking Therapies like CBT can help with mental health in the menopause.



### **Prioritise self-care:**

Women should prioritise self-care during menopause, which can include things like getting enough sleep, eating a healthy diet, and engaging in activities they enjoy.



### **Consider hormone replacement therapy (HRT):**

HRT can help to alleviate symptoms of menopause, such as hot flashes and night sweats, and can improve mental health. However, women should discuss the risks and benefits of HRT with their doctor before starting treatment. If women over the age of 45 have menopausal symptoms including hot flashes, night sweating, low mood and anxiety, then the first line of treatment should be HRT not anti-depressants.

There will be women who are suffering from depression over the age of 45, with or without menopausal symptoms who will benefit from anti-depressants.

For women who have had breast cancer and in whom HRT is contra-indicated anti-depressants may be considered as they have been shown to reduce the severity and frequency of hot flashes. They are not being used to treat depression



### **Think about what works for you:**

Complementary therapies and medications work for some women and things like Reiki, Aromatherapy, Homeopathy, Massage and others can help alleviate some of the symptoms. It's crucial to consult with a healthcare professional before trying any herbal supplement, as they can interact with other medications and have potential side effects.