

Tips for managing menopause at work



Menopause is when you have your final period. This is a normal life event for most women. It's not a medical condition or an illness.

Menopause and the lead-up to menopause (perimenopause) can cause symptoms that affect your daily life, including your work. Here are some tips to help you manage menopause at work.

Keep cool

Keep cool and ease hot flushes with air conditioning, a fan or a water spritzer. You can also drink iced water and wear breathable layers that are easy to remove.

Manage anxiety

If you feel anxious, it might help to go for a walk and get some fresh air. You can also practise mindfulness and meditation during your breaks.

Beat brain fog

To help you remember important things, you can use checklists and daily to-do lists, set up calendar reminders and block out time in your diary for tasks.

Talk to your manager

If you feel comfortable talking to your manager, tell them how your symptoms impact your work and what could help. You can also ask if they offer an employee assistance program.

Discuss flexibility at work

Talk to your manager about flexible working conditions such as reducing workload, working different hours or working from home.

Talk to your doctor

If menopause symptoms affect your life and work, talk to your doctor. There are many treatment options available.

More about menopause

Learn more about menopause on our website. Visit jeanhailes.org.au/health-a-z/menopause

For more information about menopause in the workplace, visit menopauseatwork.org