



Keeping your cool in the workplace

Tips for managing menopause

Menopause is a normal and healthy transition of ageing. As the hormonal changes of menopause – and the first signs of its approach, known as perimenopause – can affect your mental and physical wellbeing, it is important to have strategies to help you address menopausal symptoms while at work.

Have a fan and water spritzer on hand

Fanning or spritzing your face will help ease hot flushes. It can also be helpful to dress in layers that you can add or remove as needed, and to keep a change of clothes at work.



Eat regular, healthy meals

Boost energy levels and fight menopausal fatigue. Eating breakfast is particularly important and so are high-fibre wholegrains, as they break down slowly, keep you feeling full for longer and provide a steady release of energy.



Take a walk at lunchtime

Research shows that exercise can help to reduce hot flushes and, as a mood booster, can help lower your risk of depression and anxiety triggered by midlife hormone changes.



Talk to your manager

Discuss flexible work arrangements so that you have options in place, such as working from home or working flexitime, if you need to manage issues such as fatigue.



Speak to a health professional

Talk to your doctor about treatment options such as menopausal hormone therapy (MHT, formerly called hormone replacement therapy, or HRT), which can help to manage menopausal symptoms such as hot flushes and also help to protect heart health and bone density.



For more information about menopause, visit the Jean Hailes website at: www.jh.today/meno1
Further resources for employers and employees are available at: menopauseatwork.org

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Disclaimer This resource is designed to be informative and educational. It is not intended to provide specific medical advice, or replace advice from your health practitioner.

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