

Menopause workbook



Talking Therapies

Hot flush dairy

- Make a note of when and what was happening
- Tips you could try
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Reframe thoughts

- List your negative thoughts
- Think about what you would say to a friend who felt like this
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Sleeping tips to try

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Breathing exercise commitment

Keep a routine

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Tips for brain fog

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- Define the problem:

Solve a problem

- Think of as many solutions as possible no matter how silly they may seem:
- Consider the pros and cons of each solution.
- Choose a solution to try.
- Plan how you are going to implement the chosen solution.
- Carry out the solution.
- Review how it went. Were there any problems? Was it the right solution to choose? What did you learn?

Mindfulness practice commitment

What and when

- Mindful activity and set time/day
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Life style changes take small steps

Get active, food choices, alcohol

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Vicious Cycle

- Trigger
- Thoughts
- Emotions
- Physical
- Behaviour and urges

STOPP

- Take a step back so you don't act immediately
- What would you say to a friend?
- What could you do differently? Such as techniques to calm you.

Sex Drive

- Write down some things that might help
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Self compassion exercise

- Think of a time a friend felt really bad
- How would you respond to them
- How would you respond to yourself in the same situation
- What might change if you treated yourself with the same compassion

