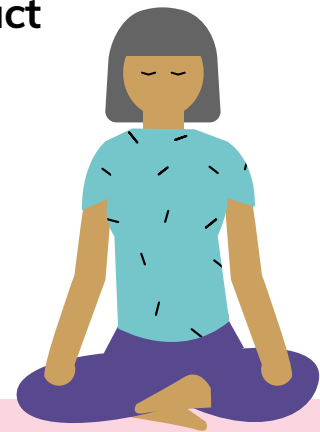


# Managing menopause symptoms at work

Struggling with symptoms can have a big impact on your daily life, including your work life.



**Tried and tested tips for managing menopause symptoms at work:**



## Aches and pains

**Muscular aches and bone/joint pain.**

Regular movement can be helpful for reducing pain and stiffness. Try to find time to plan light movement, stretches or a short walk into your day.

Eating a nutrient rich diet and taking supplements can help maintain bone strength and stop pain progressing. You don't need to suffer through pain, talk to your GP about pain management options.



## Anxiety and panic attacks

**Anxiety can increase during perimenopause and menopause.**

Taking time out for relaxing and mindful activities such as breathing exercises, yoga, tai chi and meditation can really help. Going for a walk and getting outside can help you calm feelings of anxiety. If you are having panic attacks this is a sign that you could benefit from changes to your routine and managing your stress levels.

Your employer and GP can help you make changes. If you are finding anxiety unmanageable, you can ask for support from your GP, a therapist or from your workplace's Employee Assistance Programme.

**Remember it's not all on you! Don't try to cope with everything alone or assume that working longer hours will help - it won't and you're more likely to burn out.**



## Concentration and memory

**Finding it hard to remember things and recall information often called 'brain fog'.**

Try to remove distractions while you work and create a calm working environment. It can be helpful to slow down and take your time to do complicated tasks. Planning tasks ahead of time, writing lists and using memory-assisting tools can remove the anxiety around forgetting things.



## Confidence and low self-esteem

**Suffering from menopause symptoms can lead to a loss of confidence and self-belief in your own abilities.**

Be kind to yourself and look after your health and wellbeing. Eat well, exercise and find time to do things that make you happy. Try not to compare yourself to others or be ashamed. Remind yourself that you are going through a natural process, things will settle down and you will find your feet again.



## Headaches and migraines

**Changes in oestrogen levels can cause headaches or migraines and can exacerbate existing issues.**

If working in busy or noisy work environments, finding a quiet area to work in or using noise reducing headphones or ear plugs can be helpful. Taking short breaks, limiting screen time, and reducing sugar and caffeine while working can also help prevent or reduce migraine severity.

It may help to adjust working patterns to allow for shorter shifts or taking regular breaks.



## Hot flashes

**Suddenly feeling hot or cold in your face, neck and chest. It can make you dizzy and/or sweaty.**

Wearing light and/or non-restrictive clothing, keeping rooms cool, taking a cool shower, using a fan and having cold drinks can all help manage hot flashes.

Speak to your employer about arranging easy access to fresh drinking water, fans and cooling systems. Having a shower and spare change of clothes or uniform can help you keep comfortable. Your employer may be able to arrange for private spaces for showering and changing.

Stress, alcohol, caffeine, hot drinks, nicotine and spicy food can all be triggers for hot flashes.



## Mood

**Mood swings and changes in how your mood and feelings respond to situations or events.**

Talking to other people who have been or are going through the same thing can help. Making plans that ensure you regularly do activities that allow you to rest, exercise, have fun and relax can really help with low mood. Remember that symptoms will pass – you won't feel like this forever. You might also find talking therapies helpful. You may be able to access this via your employer's benefits package or via your GP.



## Mouth changes

**Sensitive teeth, painful gums and other mouth problems.**

Ask your employer to provide easy access to fresh drinking water. Planning meals and snacks in advance can help you ensure that you have things to eat that don't aggravate mouth symptoms. A dentist can offer additional advice on dental and mouth care.



## Periods

**Menstrual cycles can change dramatically and become unpredictable.**

Periods can become more painful, heavy and irregular. This can be one of the first signs of the perimenopause. Eventually periods will stop altogether.

Talk to your employer about the need to take increased and unexplained toilet breaks. You may need this flexibility to help manage unpredictable periods. Having a spare change of clothes or uniform can help you keep comfortable. Making sure that there are always period products available at work can help you manage unpredictable and heavy periods.



## Poor health

**The menopause can contribute to poorer health. This includes worsening of existing health conditions e.g. arthritis, skin conditions and mental health problems**

Listen to your body, eat well and think about if you may need to be taking more rest. Seek advice and support from your doctor to ensure any changes to long term health conditions are being managed properly and that new issues are being checked.



## Skin changes

**Skin can change during the menopause becoming dry, itchy and more sensitive. Wounds can also heal more slowly than before.**

Carrying a natural soothing skin cream with you can help you ease itchy and sensitive skin at work. You can also ask your employer to provide more sensitive hand wash and soap in shared bathrooms.



## Sleep

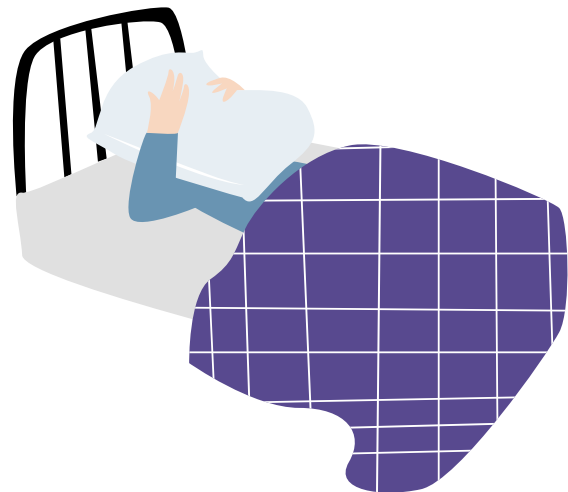
**Finding it harder to get to sleep, sleep disturbance and insomnia.**

This can be a result of night sweats or other symptoms making you feel uncomfortable. Lack of sleep can exacerbate fatigue, irritability and low mood.

Try to stay in a good routine of rest, exercise, mealtimes and sleep. Avoid napping in the day as this can stop good sleep at night. Wear thin and comfortable clothes to sleep in and keep your bedroom a moderate or cool temperature.

Weighted blankets, room diffusers and sleep meditations can help with getting a good start to your night's sleep.

**Getting advice early can help reduce the impact on your wellbeing and working life.**



## Keep track of your symptoms

A symptom tracker or checklist can help you understand what is going on and can help your employer or GP understand how to support you.

There are many apps and checklists available online.

Access a free symptom tracking list [here](#).

