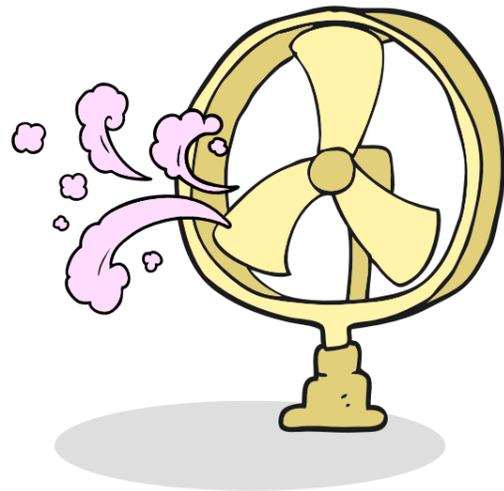


# MENOPAUSE AT WORK

6 simple tips to help you survive a menopause work day

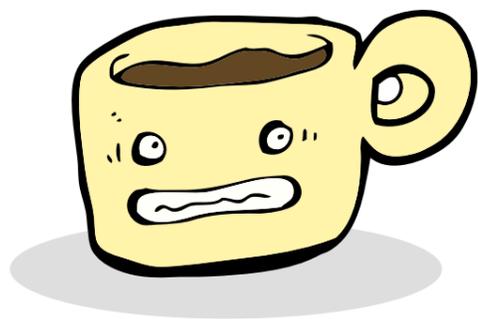
## Hot flushes

It's a cliché for a reason - the hormone changes that come with the menopause affect your body's ability to regulate its temperature. So if you're sweating buckets, fanning yourself, or stripping off layers of clothing, try opening a window, switching on a fan, or getting a cool glass of water on your next trip to the kitchen.



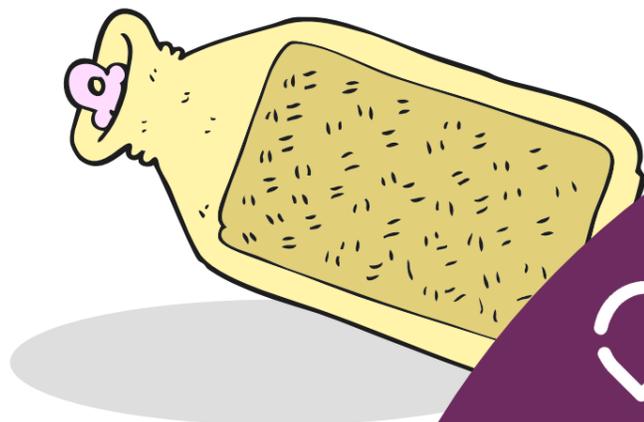
## Trouble sleeping

Night sweats, aches and pains, and hormonal changes can all prevent you from sleeping properly during the menopause. And having no sleep can make all your menopause symptoms feel ten times worse - so best to make sure the office coffee machine is working.



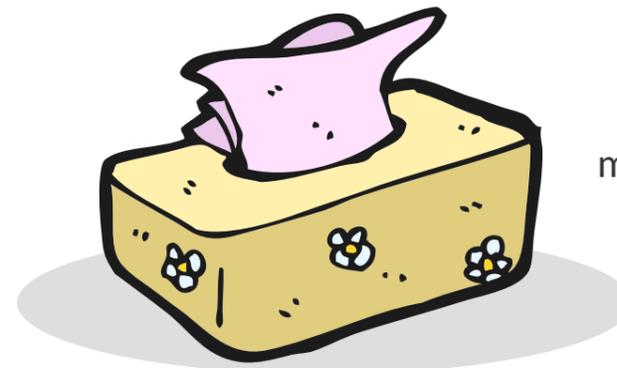
## Aching joints

As your oestrogen levels reduce, so does your bone density and muscle strength, which can leave you feeling achy all over. Sort of like growing pains in reverse - another reason people refer to menopause as 'puberty's evil older sister'. Hot water bottles and microwaveable beanbags can help a lot!



## Emotional ups and downs

It's definitely not okay to assume that someone's behaviour is 'just menopausal mood swings' - but it is true that hormones and side effects can leave you feeling frazzled and emotional! If you're at the end of your tether, try reading through some of our **free Menopause Symptom Guides** - you're not alone, and we have some great tips to help you through.



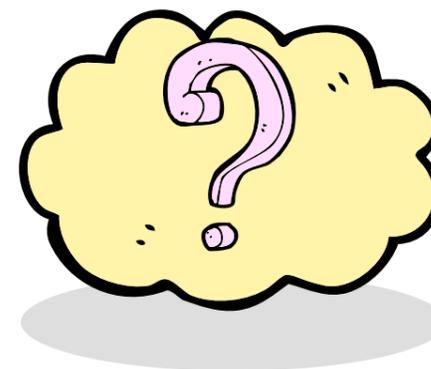
## Skin issues

You might remember from your teenage years that hormones can play havoc with your skin, and the menopause is no different. Dry skin, acne, rashes, and itchiness can be a nightmare, so having a good soothing lotion in your desk is a good idea.



## Brain fog

If the dry skin, aching joints, hot flushes and mood swings weren't already enough, changing oestrogen levels can also cause a sort of temporary forgetfulness or difficulty focusing for some women. Studies have found that mindfulness exercises, brain training, and puzzles can help to refocus your mind and keep you feeling sharp.



For more practical tips, advice, and products to help you get through menopause, visit



[livebetterwithmenopause.com](https://livebetterwithmenopause.com)