

Living Well During the Menopause: 4 Week Self-Help Course

MENOPAUSE
SERIES

What Is The Menopause?

The Menopause is when ovulation & periods stop. It typically occurs between 45 & 55, although for some people can occur earlier due to medical reasons such as cancer treatment or having a hysterectomy. The years leading up to the menopause are referred to as the peri-menopause. During this time hormones fluctuate causing irregular ovulation & menstruation & contributing to a number of physical & psychological symptoms such as hot flushes, night sweats, insomnia, anxiety, aches & pains, headaches, tummy, bowel & bladder issues & brain fog.

How Can Psychology Help?

Psychology helps us to understand the link between our thoughts, feelings, actions, physical symptoms, biology, hormones, neurology & our environment.

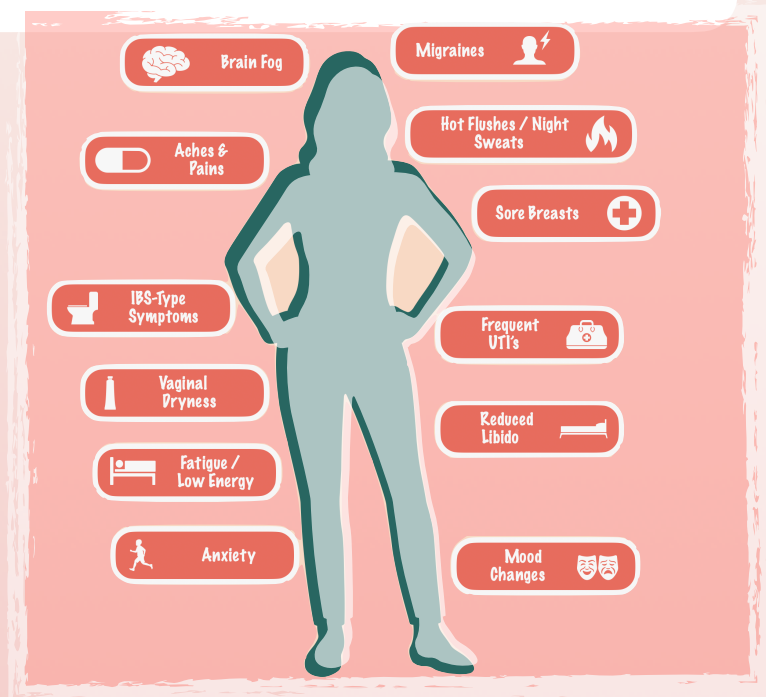
This understanding helps us identify factors that intensify menopause symptoms & factors that are protective against them. We can then use this understanding to make helpful changes such as environmental modifications, communicating our needs to partners or employers, developing symptoms self-management strategies, practicing relaxation or arousal-lowering techniques, adopting a flexible approach to activity & challenging unhelpful thoughts or beliefs that fuel stress, worry or low mood.

What Can I Expect from the Course?

This 4 week online course teaches self-management tools, skills & techniques to help you effectively manage symptoms of the menopause. It is run in a taught format, with information delivered by a clinical psychologist specialising in the menopause & women's health issues.

Who Is the Course For?

The course is for anyone who may be experiencing peri-menopause or menopause symptoms.



THIS COURSE HELPS YOU TO:



UNDERSTAND THE MENOPAUSE

Learn what is happening biologically & psychologically during the menopause

Explore how hormones, biology, thoughts, feelings, physical sensations & neurodiversity interact

Explore ways to break unhelpful cycles & responses to symptoms



EFFECTIVELY MANAGE TRIGGERS

Develop a personal understanding of your triggers & responses to these

Identify helpful environmental changes, coping strategies & techniques that can reduce or eliminate triggers

Learn strategies to improve responses to symptoms



IMPROVE SLEEP & ENERGY LEVELS

Develop helpful sleep hygiene strategies to improve sleep quality

Learn helpful night-waking strategies to manage night sweats

Learn about energy conservation & activity management to manage low energy levels & fatigue



MANAGE STRESS, ANXIETY & AROUSAL

Learn helpful coping skills, tools & techniques to reduce anxiety, stress & physical arousal

Develop thought management strategies to tackle difficult or unhelpful thoughts & beliefs that underpin powerful emotional reactions



EXPLORE YOUR IDENTITY

Explore thoughts about your identity & develop a new relationship with your body & sense of self

Review & challenge social & cultural stereotypes & stigmas around ageing & women issues

Consider the next chapter in your life, including reviewing your values & goals

HOW TO ACCESS THE COURSE:

Course Details

Runs for 4 consecutive weeks from:

Wednesday 14th October 2026
9.00am - 11.00am

For More Information:

thirdwavepsychologist.co.uk/womens-health-issues

Fee:

£45.00 for the 4 week course

Register Your Interest:

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www.thirdwavepsychologist.co.uk