

Menopause & Mental Health



14 May 2025

*With thanks to Enfield Talking Therapies Service
and Camden GPs & Partnership Organisations*

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Aims of this webinar...

Receive a bite-sized taster of our 'Menopause & Mental Health' workshop

Learn about menopause & impact in daily life - on body & mind

Identify how menopause symptoms can trigger emotional & cognitive challenges

Introduce strategies & techniques to help emotional wellbeing & menopause symptoms

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Menopause Symptoms

You might recognise some of these...

Osteoporosis
Difficulties concentrating Dizziness Allergies
Electric shocks Gum problems Hair loss
Fatigue **Irregular periods** Joint pain
Irritability
Burning Tongue **Hot flushes** Vaginal dryness
Anxiety
Mood swings **Night sweats** Breast soreness
Bloating Depression Irregular heartbeat
Incontinence **Loss of libido** Itchy skin Joint pain
Muscle tension Digestive problems Memory lapses
Tingling extremities Sleep disorders
Changes in odor Weight gain Brittle nails

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Menopause Facts

How much do you know about the menopause?
How much did you know before you had symptoms?
How much do the people around you know?

Important facts to know & to share:

Menopause marks the permanent end to periods due to the loss of the reproductive activity of ovaries - it refers to the last menstrual period.

There are *stages to menopause transition*, including perimenopause meaning “the time around menopause”.

Perimenopause includes the phase immediately prior to the menopause and the first year after menopause - It is defined by changes in the *regularity* of menstruation during the previous 12-months when you may have symptoms linked to these menstrual changes, but your periods have not stopped.

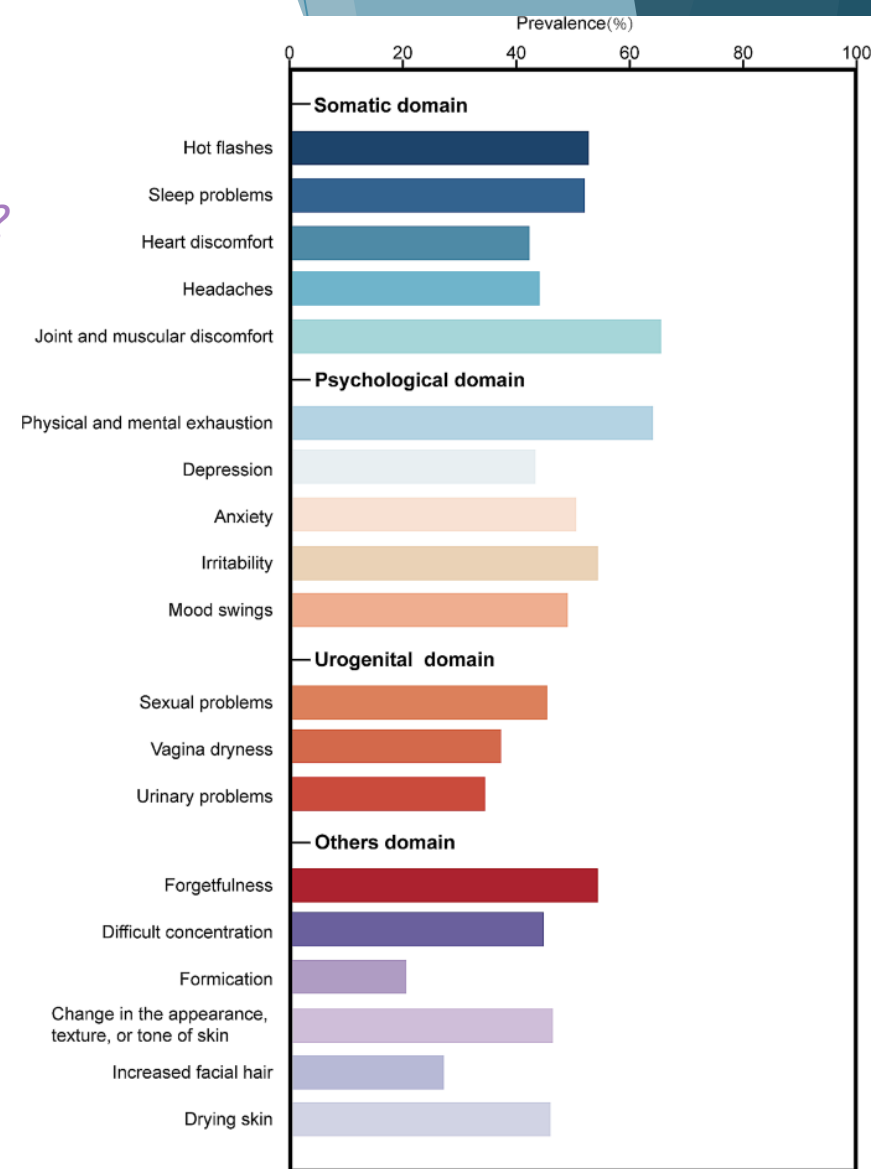


Table source: Fang et al. (2024). Mapping global prevalence of menopausal symptoms among middle-aged women: a systematic review and meta-analysis. BMC Public Health, 24:1767. doi: 10.1186/s12889-024-19280-5

Menopause Facts

Important facts to know & to share:

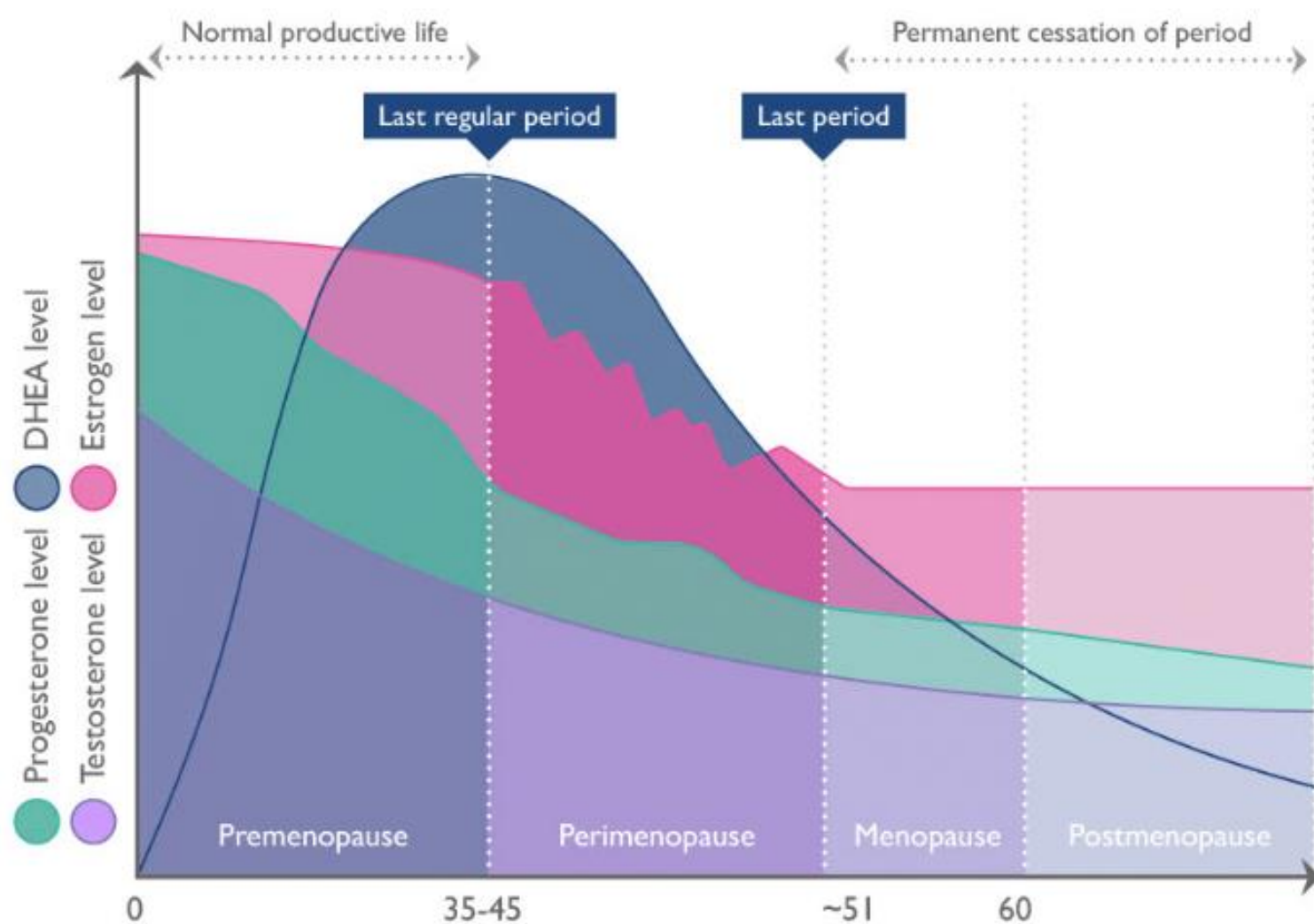
Someone can go through perimenopause for around 4-8 years, where the levels of sex hormones oestrogen and progesterone slowly decline, and menstruation slows down.

Every individual's symptoms are unique.

It is normal for libido decrease due to a drop in hormones or possibly due to vaginal dryness.

Mood changes and increase in stress can also be related to this.





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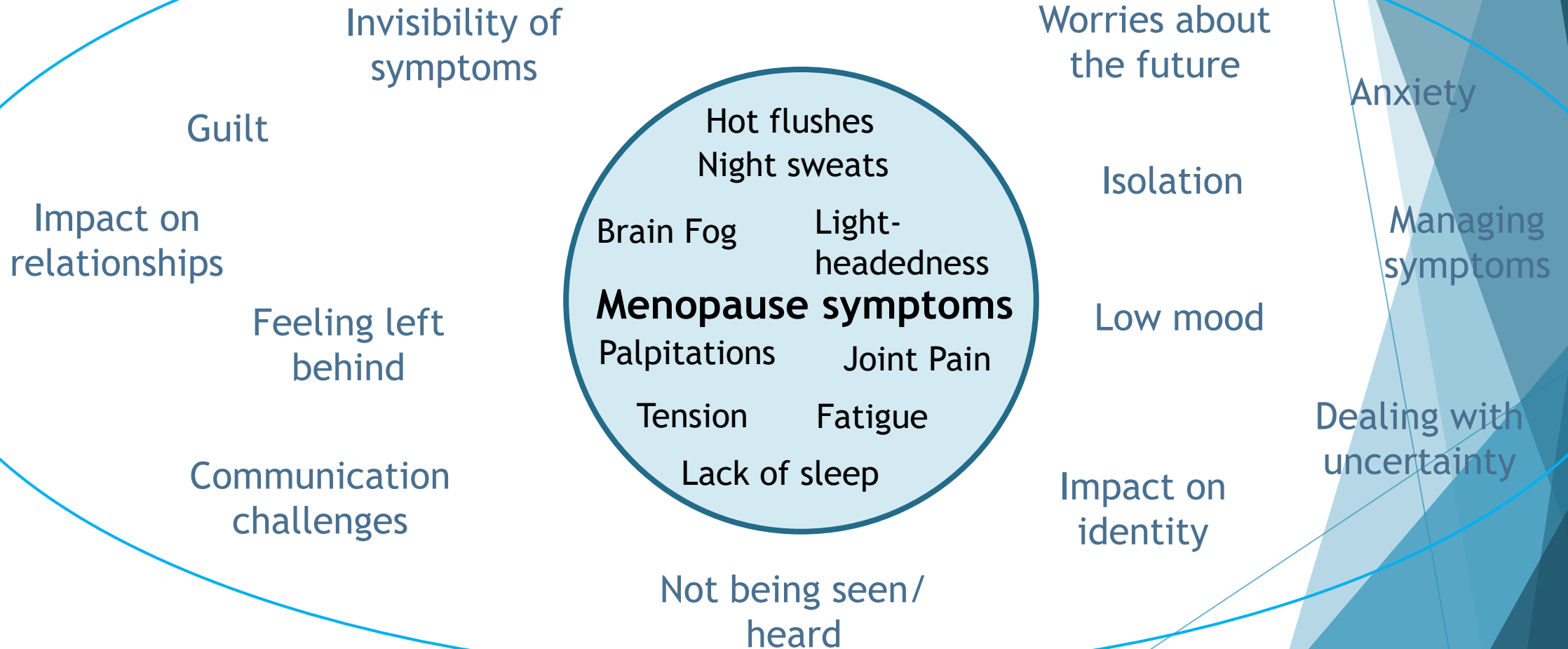


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Psychological & Social Influences

PSYCHOSOCIAL IMPACT



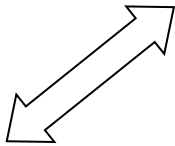
TRIGGERING SITUATIONS

- **Menopause status/symptoms** -> *Hormone changes (oestrogen withdrawal) / hot flush threshold*
- **Stress/ emotional triggers** -> *feeling tense, overwhelmed, angry, rushing*
- **Environmental triggers** -> *rapid changes in temperatures, hot crowded places*
- **Lifestyle triggers** -> *hot drinks, spicy foods, alcohol*



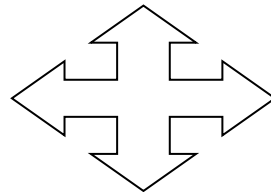
PHYSICAL SENSATIONS

- Hot flushes
- Sweating
- Heart racing
- Light-headed
- Tension
- Lack of sleep
- Fatigue



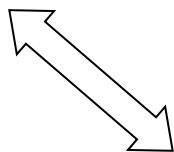
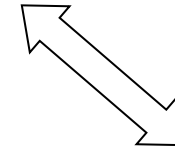
EMOTIONS

- Overwhelmed - Frustrated
- Embarrassment - Anxiety/worry



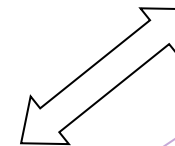
THOUGHTS

e.g.
“not another one, I can’t cope”
“what do I look like right now?”
“It’s going to get worse”



BEHAVIOURS / COPING ATTEMPTS

- Attempt to hide symptoms
- Stop all activities until symptoms pass



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What can be done if you feel you are struggling with your symptoms:

- Some of the techniques we will discuss to manage emotional impact
- Contact your GP to get information on medical management e.g. Hormone therapy (HRT)
- Contact friends and family
- Sharing your experiences with others



Menopause & Sleep hygiene

- ▶ We find that it is common for individuals going through the menopause to struggle with sleep due to night sweats.
- ▶ Sleep hygiene is the term used to describe good sleep habits.
- ▶ Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, but sleep is unpredictable.
- ▶ The average amount of sleep for adults can vary from 5 to 10 hours a night. With us going through 4 stages of sleep.



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Sleep hygiene tips

- **Bed is for sleeping**
- **No naps**
- **Sleep rituals**
- **Bathtime**
- **No clock-watching**
- **Use a sleep diary**
- **Exercise**
- **Eat right**
- **The right space**
- **Keep daytime routine the same**



Stress and 'fight or flight response'

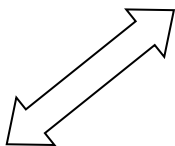
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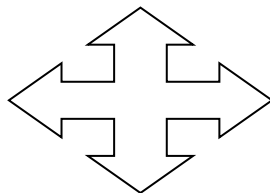
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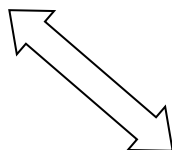
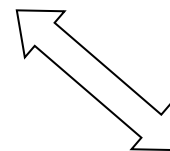
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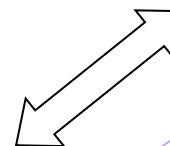
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Stress and 'fight or flight response'

Stress is a normal response that keeps us motivated to meet demands

...and a **part of our automatic survival mechanism** which prepares the body to take actions to survive, these are to either fight or run away

We can experience the response not only when we are in danger, but also when we have a feeling that we can't cope with demands – this is called “perceived stress”

When we are in the fight or flight mode, we can find it difficult to relax. When there is too much stress, this can impact our health and wellbeing

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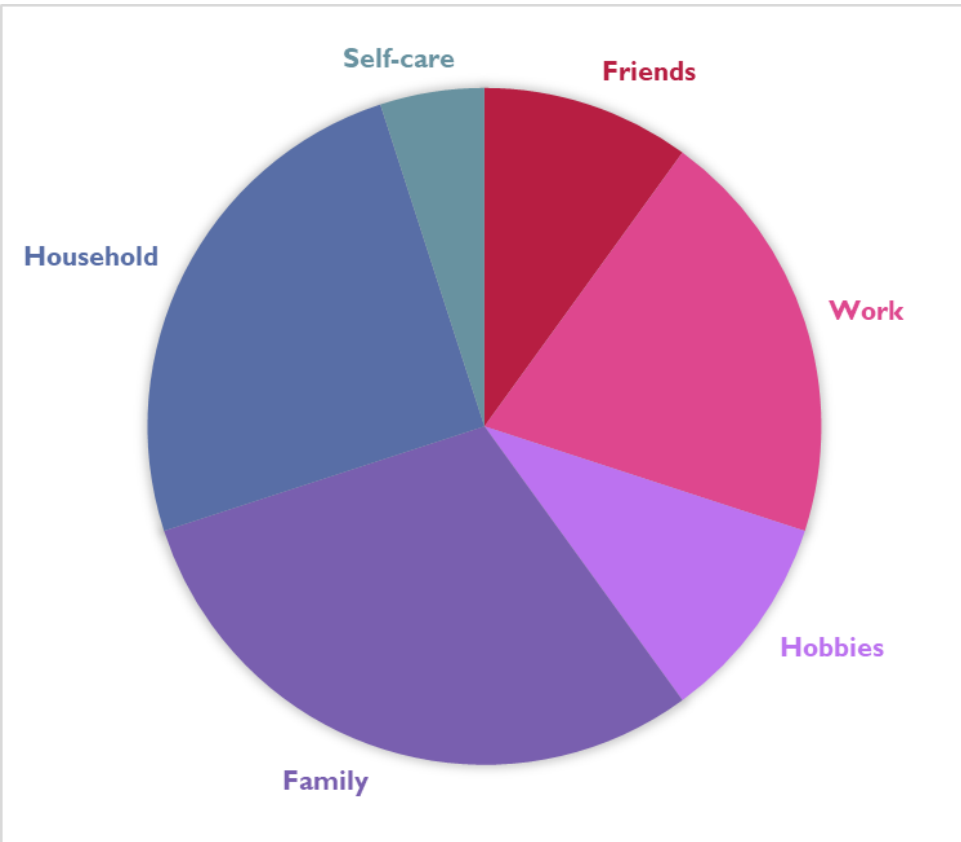


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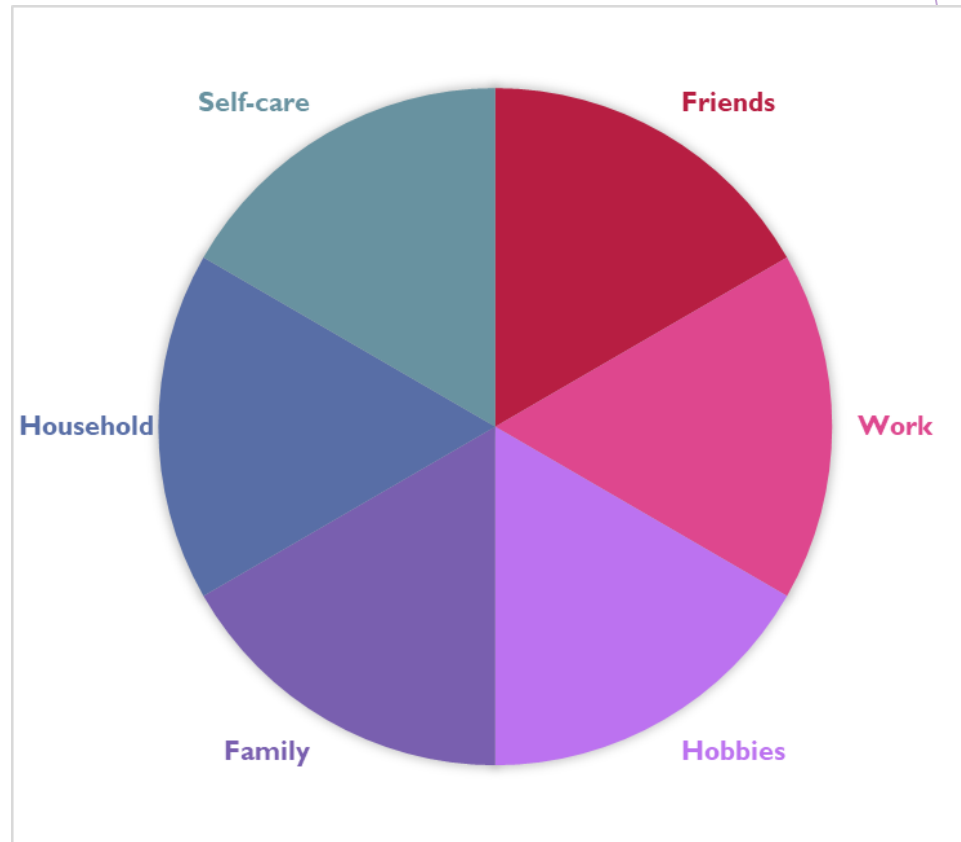
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What to prioritise?

Before



After



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Example of a relaxation technique: Progressive Muscle Relaxation



<https://www.youtube.com/watch?v=5ClgBBw1X58&list=PLRj8upRiKjAi9vcPhh40lBqb05llttV-i>

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Identify your self-care activities...



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Useful Links & Resources

Women's Health Concern - a confidential, independent service to advise, reassure and educate women of all ages about their gynaecological and sexual health, wellbeing and lifestyle concerns.

- <https://www.womens-health-concern.org/>
- For Healthcare professional's: British Menopause Society - educates, guides & informs healthcare professionals on menopause and post reproductive health.

Dr Louise Newson Podcast - Leading menopause expert and GP, and founder of free Menopause support app called balance. Helping women receive unbiased, evidence-based, and holistic advice and treatment.

- <https://thedrloisewilsonpodcast.podbean.com/>

Davina Mccall Documentary 'Sex, Myths & The Menopause' - Davina talks frankly about her Menopause experience and interviews other celebrities, discussing everything HRT, sex life and brain fog

- <https://www.channel4.com/programmes/davina-mccall-sex-myths-and-the-menopause>



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Crisis Information

NHS Talking Therapies is **not** an emergency service. If you are feeling suicidal and need urgent mental health support, please contact your local Crisis team (see below) or call NHS 111 and press option 2.

For more information on services you can access in the event of a mental health crisis or emergency, please visit:

<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

For people living in **Barnet & Enfield** experiencing a mental health crisis call our **24-hour Crisis Telephone Service: 0800 151 0023**

For people living in **Camden or Islington** experiencing a mental health crisis call our Crisis Single Point of Access team on **0800 917 3333**

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How can I refer?

If you are a resident or are registered with a GP in Camden, Islington, Barnet or Enfield you can self-refer by completing the referral form online or phoning our services directly.

A list of our resources, treatment offered, groups, workshops are also listed on our website.

NHS Camden Talking Therapies

www.icope.nhs.uk

020 3317 6670

nlft.icopecamden.referrals@nhs.net

NHS Barnet Talking Therapies

www.barnetandenfieldtalkingtherapies.nhs.uk

[0208 702 5309](tel:02087025309)

NLFT.barnettalkingtherapies@nhs.net

NHS Islington Talking Therapies

www.icope.nhs.uk

020 3317 7252

nlft.icopeislington.referrals@nhs.net

NHS Enfield Talking Therapies

www.barnetandenfieldtalkingtherapies.nhs.uk

[0208 702 4900](tel:02087024900)

nlft.enfieldtalkingtherapies@nhs.net

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Barnet + Enfield



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