

SUMMER SELF-CARE

Week 4 • June 30, 2020

The Ins and Outs of Menopause

This week's takeaways

1. Menopause is caused by changes in the function of your brain, pituitary, and ovaries. This results in changes in hormones, including a drop in estrogens and progesterone.
2. Many factors, both biological and environmental, are known to influence menopause symptoms. Many of these are not within our control.
3. There are several lifestyle changes that you can make that can improve your quality of life.

What can I do to improve quality of life during menopause?



1. Take note of your concerns, symptoms, and what you're currently doing to address these concerns



2. Make appointments with your healthcare providers to address your concerns and ideas for improving your wellness



3. Take time for YOU! Try new activities and routines and find what works best for your mental and physical wellness.



4. Find your support network. Whether it be online, your partner, friends, or other people within the local community, you will find others to help you be your best.

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