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.

Many factors, both biological and environmental, are known to influence menopause symptoms. Many of these are not within our control. 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.

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute. University of Illinois at Urbana-Champaign College of Agricultural, Consumer and Environmental Sciences, United States Department of Agriculture - Local Extension Councils Cooperating - University of Illinois Extension provides equal opportunities in programs and employment.