

Empowerment Through Menopause

Introduction to Menopause

Menopause is a natural life transition experienced by every woman. While it can bring change and uncertainty, it can also be a time of deeper understanding of your body, values, and wellbeing. Learning about menopause helps you recognise what is happening in your body, respond with self-compassion, and make informed choices about your health.

Common Symptoms

- Sleep disturbance
- Hot flushes and night sweats
- Fatigue and low energy
- Brain fog or memory changes
- Mood changes including anxiety or low mood
- Vaginal dryness or painful sex
- Weight changes
- Headaches or migraines
- Joint or muscle pain
- Heart palpitations
- Skin and hair changes
- Urinary urgency or incontinence



MENOPAUSE WARRIOR

Website: menopausewarrior.com.au

Phone: 0413166564

Facts About Menopause

- Average age of menopause in Australia is 51 years.
- Perimenopause can begin 7–10 years before menopause.
- About 1 in 4 women experience severe menopausal symptoms that disrupt daily life and wellbeing (Jean Hailes for Women's Health)
- Every person born with ovaries will experience menopause, either naturally or medically induced.

Six Lifestyle Practices That Support Wellbeing

- **Restorative Sleep** – Sleep supports hormone balance, mood, pain levels and energy.
- **Stress Regulation** – Slow breathing, mindfulness or short calming activities can support nervous system regulation.
- **Movement** – Walking, stretching, strength work, gardening and daily movement support physical and emotional wellbeing.
- **Nourishing nutrition** – fresh, colourful whole foods and balanced meals support digestion, energy, and mood
- **Social Connection** – Maintaining supportive relationships is linked with better health and longevity.
- **Reducing Harmful Substances** – Limiting alcohol and avoiding smoking can reduce menopause symptoms and support overall health.

Understanding the Stages of Menopause

Perimenopause

The transition leading up to menopause. It usually begins in a woman's 40s and can last between 1 and 10 years. During this time hormone levels fluctuate and symptoms such as irregular periods, hot flushes, sleep changes, and mood shifts may occur. Pregnancy is still possible during this stage.

Menopause

Technically one day, confirmed after 12 months without a menstrual period. At this point the ovaries no longer release eggs and hormone levels decline

Post-Menopause

The time after menopause and for the rest of life. This stage may represent one third of a woman's lifespan. While some symptoms ease, lower hormone levels can affect long-term bone, heart, muscle and cognitive health.

Key Hormones Involved

- **Oestrogen:** Supports menstrual cycle regulation, bone health, cardiovascular health, mood and cognitive wellbeing.
- **Progesterone:** Helps regulate the menstrual cycle and supports nervous system calm and sleep.
- **Testosterone:** Contributes to libido, muscle mass, bone health, energy and motivation.
- **Follicle Stimulating Hormone (FSH):** Stimulates the ovaries and increases as oestrogen levels decline leading to increased visceral fat (tummy), decrease in lean muscle which increases cardiovascular risks
- **Cortisol:** The body's primary stress hormone, influencing energy, metabolism and stress responses.

This information is provided as general educational guidance and is not a substitute for individual medical advice.