

NAME NO AAS menopause

Perky's
HELP

Menopause

Perky recognises that the menopause is associated with a wide range of physical, emotional, and social changes that can sometimes feel overwhelming.

The menopause transition can bring a variety of challenges that affect daily life and overall wellbeing. Hormonal changes may lead to symptoms such as hot flushes, sleep disturbances, fatigue, and reduced concentration, which can impact work and personal responsibilities.

Emotional changes, including mood swings, anxiety, or low mood, are also common and may strain relationships. Some women may experience a loss of confidence or changes in self-image, making this stage feel particularly demanding.

The menopause stage of life can, however, also present opportunities and offer a chance to refocus on personal wellbeing and priorities. Many women may experience increased confidence, self-awareness, and a stronger sense of identity.

With fewer caregiving demands, there may be more time for career development, hobbies, or new interests. It can also be an opportunity to prioritise health through lifestyle changes. Social relationships may deepen as women seek supportive connections, which may underpin personal growth, empowerment, and renewed purpose.

Ref	When You...	The Action
A	Deal with sudden anxiety or "hot flush" panic	Be present, emotionally aware, and self-regulated
B	Encounter a lack of workplace menopause policies	Align your needs with employer support and act ethically
C	Experience a shift in identity or "invisible" status	Reconnect to values and reframe menopause as renewal
D	Experience declining oestrogen leading to fatigue	Rest, restore, and prioritise sleep hygiene
E	Face a severe "hard season" of physical symptoms	Endure, persevere, and seek clinical intervention
F	Face hormonal fluctuations causing "brain fog"	Manage resources and use cognitive tools
G	Feel irritability due to changing neurochemistry	Communicate needs and resolve workplace/home conflicts
H	Feel isolated by the social stigma of ageing	Build trust and seek expert medical/social support
I	Feel stagnant in old routines or roles	Explore, express, and innovate for a "second spring"
J	Feel unsure how to navigate medical options	Initiate, take responsibility, and strive forward
K	Suffer from negative societal narratives about decline	Address distortions and foster positive wellbeing
L	Witness colleagues struggling without guidance	Serve, support, and lead by advocating for change

Ref	The Outcome	Notes
A	Intentional Calm	Provides a sense of control over reactive emotions
B	Empowered Direction	Allows you to stay in the workforce with confidence
C	Inner Peace	Reduces conflict between your old and new self
D	Vitality Restoration	Reduces physical exhaustion from hormonal dips
E	Resilient Hope	Ensures you emerge stronger from physical setbacks
F	Mental Clarity	Eases the overwhelm of cognitive symptoms
G	Relational Safety	Creates harmony and reduces stress with others
H	Meaningful Connection	Reduces the loneliness of the "silent" transition
I	Personal Fulfilment	Reclaims your spark and opens new creative doors
J	Self-Agency	Lets you take charge of your story and transition
K	Emotional Relief	Breaks free from self-limiting beliefs about ageing
L	Lasting Agency	Provides fulfilment by helping the next generation