

Menopause Awareness Day 2022

Seirbhís Chúnaimh
d'Fhostaithe na Státseirbhíse



www.cseas.per.gov.ie

Did you know that menopause is not just about experiencing hot flushes?

The perimenopause and menopause can impact not only your physical health but it can also have an effect on your social, emotional and mental wellbeing.

Some symptoms may include:

Cognitive

- Difficulty recalling words
- Misplacing items
- Losing your train of thought
- Difficulty concentrating
- Brain fog

Psychological

- General Anxiety
- Mood changes
- Emotional challenges
- Social anxiety
- Loss of self-esteem

Looking after yourself as you progress through this transition is vital to minimise some of the negative effects the varying symptoms of perimenopause and the menopause may have on your wellbeing.

Supportive steps to take can include conducting a lifestyle review, and engaging in regular physical activity that includes some resistance work to keep your heart and bones strong, making time to rest and repair and staying connected with friends and loved ones to ease the burden of navigating through this time alone.

If you are experiencing anxiety, therapies such as CBT can be effective in learning to manage those anxious thoughts and moments. Emotional support through the CSEAS or personal counselling can greatly assist in coming to terms with the changes and can be helpful if you experience that loss of self that often happens during this stage of life.

If you'd like to speak with someone about what you are experiencing and discuss practical ways of managing some of these challenges while minding your emotional and mental health please contact the CSEAS to arrange some confidential support.

On-duty EAO available at 0818 008120

Monday – Thursday: 9am – 5.15pm Friday: 9am – 5pm

Appointments are available evening and weekends if required

Email: cseas@per.gov.ie

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