

Menopause matters

Autumn 2024 • £5:99

Why healthy eating is so important now

116 pages!

Cancer and menopause

Weight gain and menopause

Finding your balance

What is food noise?

The challenge of change

Get back on track

Support your immune system

New Column: Our Man in The Man Shed

Imagine being marginalised & menopausal

Women's knowledge and experience of the importance of nutrition during menopause

What's happening to my mind?

PLUS...



Café Culture, Dr Currie's Casebook, British Menopause Conference, Menopause Mayhem, News and much more...



Menopause and confidence



Amanda Bailey writes about navigating the transition with strength and grace.

**“You can be gorgeous at thirty,
charming at forty, and irresistible
for the rest of your life.”
Coco Chanel**

Menopause is an inevitable and natural phase in a woman’s life, marking the end of her reproductive years. While it signifies a significant transition, it often brings about a whirlwind of emotions and physical changes that can challenge a woman’s confidence. As a registered counsellor and advocate for women’s health and well-being, I have seen how menopause can impact

self-esteem and confidence. However, with the right support and mindset, it is possible to embrace this stage of life with strength and grace.

The complex emotional landscape of menopause

Menopause generally occurs between the ages of 45 and 55, although it can start earlier or later. The journey through menopause is highly individual, with each woman experiencing a unique combination of symptoms. Common physical symptoms include hot flashes, night sweats, weight gain, and changes in skin and hair. Emotionally, many women face mood swings, anxiety, and feelings of depression. →



These changes can significantly impact a woman's self-perception. The sense of losing control over one's body and emotions can lead to self-doubt and insecurity. Additionally, societal pressures and stigmas surrounding aging and menopause can further erode confidence, as our culture often emphasises youth and beauty over the natural ageing process.

The biological underpinnings: hormones at play

At the heart of the menopausal transition are hormonal changes, particularly the decline in estrogen levels. Estrogen plays a crucial role in regulating various bodily functions, including mood and cognitive abilities. Its decrease can lead to emotional fluctuations, impacting how a woman feels about herself and her capabilities.

Recognising that these feelings are a normal part of the menopausal transition is vital. It's important to understand that emotional ups and downs are not personal failures but natural responses to hormonal shifts. This understanding can foster greater self-compassion during this time.

Strategies for rebuilding confidence

Educate Yourself: Knowledge is power. Understanding the biological and emotional changes occurring during menopause can demystify the process and reduce anxiety. Reliable resources and educational materials can provide valuable insights into what to expect and how to manage symptoms.

Professional Support: Consulting healthcare providers or therapists who specialise in menopause can offer personalised advice and support. They can help address both physical symptoms and emotional challenges, providing a more holistic approach to managing this transition.

Community and Connection: Sharing experiences with other women going through menopause can be incredibly comforting. Support groups offer a safe space to discuss feelings and gain insights from others who understand what you're experiencing.



Self-Care Practices: Prioritise activities that nurture your body and mind. Regular exercise, a balanced diet, and sufficient sleep are foundational to maintaining physical and emotional health. Additionally, mindfulness practices such as meditation, yoga, or journaling can help manage stress and enhance self-awareness.

Positive Focus: Menopause can be a time of personal growth and self-discovery. Many women find that they have more freedom to pursue interests and passions that were previously set aside. Embrace this opportunity to redefine your goals and priorities, focusing on the positive changes this new phase can bring.

Embracing a positive mindset

Menopause, despite its challenges, can be an empowering time if approached with a positive mindset. Here are some ways to shift your perspective and embrace this change:

Reframe the Experience: Instead of viewing menopause as an end, see it as a natural progression of life. It's a time to celebrate the wisdom and experiences accumulated over the years. Reframing your perspective can help shift focus from what is lost to what is gained.

Celebrate Achievements: Reflect on your life's accomplishments and the strengths that have carried you through various stages. Celebrating your resilience and adaptability can bolster your confidence and remind you of your inherent worth.

Set New Goals: Menopause can be a time of reinvention. Consider what you want to achieve in this new chapter. Setting personal or professional goals can provide a sense of purpose and direction, making this transition a time of renewal rather than loss.



The word "SUCCESS" is written in large, bold, white capital letters on a series of colorful rectangular cards (pink, blue, yellow, orange, red, green, blue). Each card is suspended by a thin black string, giving the impression of hanging tags.

The word "MOTIVATION" is written in large, bold, white capital letters on a series of colorful rectangular cards (pink, blue, yellow, orange, red, green, yellow, pink, green). Each card is suspended by a thin black string, giving the impression of hanging tags.

The importance of support systems

No one should have to navigate menopause alone. The support of professionals and a community can make a significant difference in how one experiences this transition.

Therapy offers a structured environment to explore feelings, develop coping strategies, and rebuild confidence.

If you are feeling overwhelmed by the changes menopause brings, reaching out to a registered counsellor can provide the guidance and support needed to navigate this phase. Therapy can offer essential tools for managing the emotional and psychological aspects of menopause, helping you regain your confidence and sense of self.

Practical steps to seek support

Identify Your Needs: Reflect on what kind of support would be most beneficial. Are you struggling more with physical symptoms or emotional challenges? Understanding your specific needs can help you find the right resources and support.

Join Support Groups: Connecting with other women going through menopause can provide a sense of community and shared understanding. Many find comfort and strength in knowing they are not alone.

Online Resources: There are numerous online platforms and forums dedicated to menopause support. These can be a great way to access information and connect with others from the comfort of your home.

Be Open to Therapy: If emotional challenges feel overwhelming, therapy can be a valuable resource. A registered counsellor can help you navigate the complex emotions associated with menopause, providing strategies to build and maintain confidence.

Embracing the journey

Menopause is a powerful transition that brings about profound changes in a woman's life. While it comes with its challenges, it also offers an opportunity to rediscover and redefine oneself. By understanding the impact of hormonal changes, seeking support, and embracing this phase with a positive mindset, women can navigate menopause with confidence and grace.

Remember, you are not alone in this journey. There is a community of women and professionals ready to support you every step of the way. If you are looking for a safe, non-judgmental space to explore your thoughts and feelings, please reach out. Therapy with Amanda Jane offers a compassionate and empowering environment to help you thrive during this transformative time.

Let's embrace this journey together, finding strength and confidence in every step. **MM**

Amanda is a registered counsellor a member of the British Association for counselling and psychotherapy and advocate for womens health and well-being. If you would like a thoughtful conversation regarding your own personal journey or to schedule a session ..

Email: hello@therapywithamandajane.co.uk

