

Menopause

How to support others



Be patient
with them



Offer practical
support



Make time for
them & stay
connected

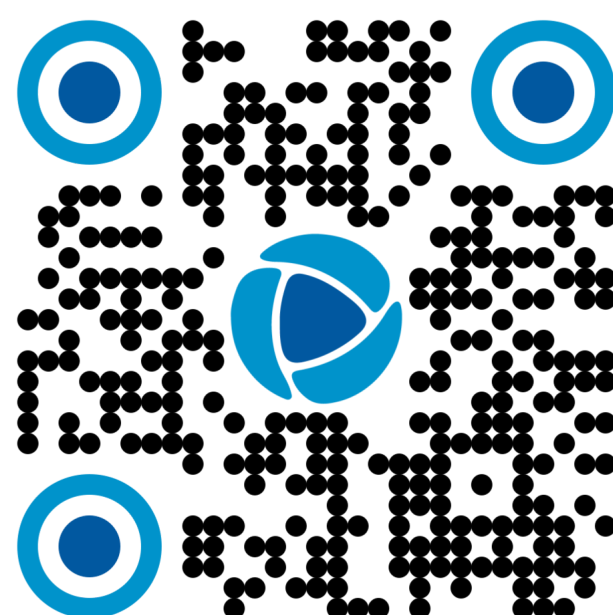


Listen without
judgement



Support them
to get help

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Thrive app



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Web application also available
webapp.thrive.uk.com



Menopause

Relaxation as a Treatment

- 1 **Applied relaxation**, which can be found in the Thrive Mental Wellbeing app, reduces the frequency and severity of symptoms.
- 2 **Mindfulness** and stress reduction control the severity of episodes but not the frequency.
- 3 **Hypnosis, visualisation and related techniques** are beneficial - explore the Thrive Mental Wellbeing app for '**Self Suggestion**'.

All of these techniques are also helpful for anxiety and sleep problems.



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Symptoms of Menopause

75% of women will experience symptoms,
25% of these women will experience severe
symptoms that disrupt their lives.



Poor sleep
Quality



Low mood
and anxiety



Memory &
concentration

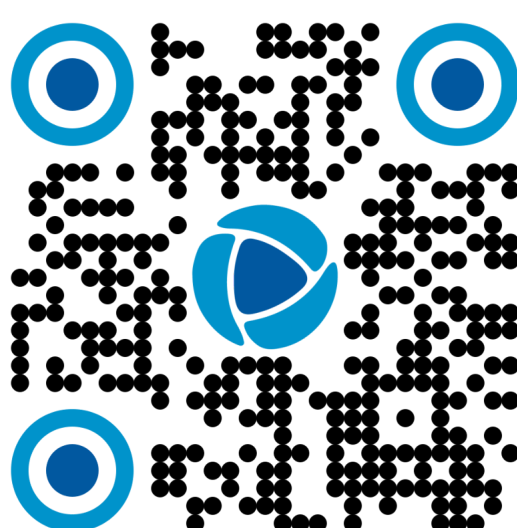


Vaginal
dryness



Vasomotor
symptoms

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