

The Best Way to Glow

Peri-menopause & Menopause Support

Offering a safe, friendly space to pause & explore the emotional, physical & practical aspects of Peri-Menopause & Menopause.



Contact us



WWW.Dandelioncoach.co.uk EMAIL: lynsey@dandelioncoach.co.uk

THE BEST WAY TO GLOW PERI-MENOPAUSE AND MENOPAUSE

Helping you to think and feel better

Thank you for taking the time to join our Best Way to Glow session. I hope the session has ignited a sense of curiosity around peri-menopause and menopause and the connections between our physical and emotional health during this time in women's lives.

Perimenopause and menopause can lead to a range of physical and psychological symptoms due to hormonal changes. Menopause due to cancer can be very different and people in the cancer community often feel excluded from the wider menopause conversation. Understandably this may leave you feeling even more isolated, confused and scared at what is already a challenging time.

It is so important to find, learn and practice ways to look after your physical and emotional well-being whilst going through this stage of life.

Following on from the session I hope this simple booklet will help you, when you are ready, to take the steps you want to support your wellbeing. Remember this is not about making mass changes all at once, but taking a little time for yourself and working out what works for you as an individual through practice and patience. During our sessions, I would like to encourage you to make a commitment to your well-being and invest a little time in the following toolkit.

Remember we are looking firstly to be kind and patient with ourselves, moving to make small changes that will form positive habits over time. So grab yourself a cuppa, a comfy space, and permit yourself to take some 'you time' to play, explore, draft some answers to my self-coaching questions and enjoy where the process takes you!

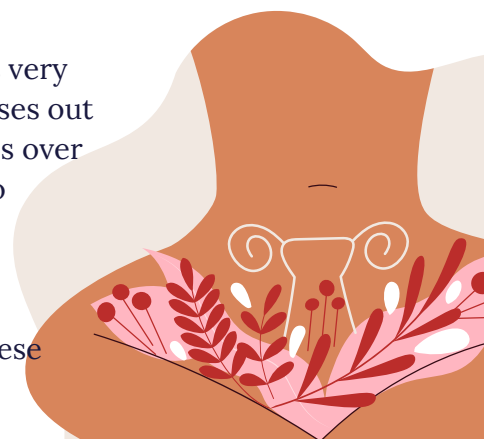
Lynsey x



Going through menopause due to cancer treatment often means it happens very suddenly and symptoms can be more severe. Menopause due to cancer misses out the stage of gradual hormone changes that cause perimenopausal symptoms over the course of a few years – it's more of like your hormone drop of a cliff into menopause suddenly and intensely.

For many women, peri-menopause and menopause can lead to a range of symptoms both physically and emotionally. The time and the intensity of these symptoms will affect each individual differently.

The Best Way to Glow



HORMONES CHANGES AND AFFECTS

Hormonal changes and their unpredictability along with the physical symptoms, stigma, and society's perceptions can all impact women's mental and emotional health.



Oestrogen
PROGESTERONE



Anxiety
Loneliness
Depression

TYPICAL FEELINGS

It is very typical for women to feel this way during this time. It can be challenging to deal with these emotional and physical changes, alongside a stage in life that is often experiencing its own transition, of families, careers and personal changes.

It is essential to take care of your mind and body to prepare for and during this stage of your life

I believe if our mental health is in a balanced, positive space, this can have the biggest influence on our ability to cope and thrive. Some days will be easier than others, so be kind to yourself

Lots of women share that the psychological symptoms are the most impactful and can really interfere with our quality of life.

With lifestyle changes we can influence and protect our mental health, however, if symptoms become severe and interfere with daily life, please seek professional help.



THE FIVE WAYS OF WELLBEING



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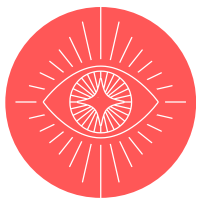
Research has shown that making some steps in the following five areas of your life will have a positive impact on your mental health. When you've had a look at these ideas why not design a well-being plan of your own and see how making some small changes can have a really positive impact on how you feel.



Stay Connected

Building strong social connections in our lives can really increase our feelings of happiness, confidence and self-worth.

e.g. invite a friend for a coffee, give someone a call, join a group.



Take Notice

Studies have shown that being aware of what is taking place in the present can improve our mental well-being and that paying attention to 'the moment' helps us manage "what if thoughts."

e.g. go for a walk without your phone, or pay attention to the sounds you hear on a walk



Give to Others (& yourself)

There is good evidence that committing acts of kindness, big or small, random or planned can give us a sense of purpose and make us feel happier and more satisfied with life.

I would encourage you to consider first how you give to yourself.



Be Active

Being active doesn't need to be too intense for you to feel good – there's evidence that low-impact physical activity can be effective in promoting psychological wellbeing. e.g. try "movement snacking" – doing 3 x 10min walks a day

Look at these great 10min active session on YouTube as a place to start.



Keep Learning

Learning can boost our life satisfaction, self-confidence, self-esteem, and optimism. It can also give us a sense of purpose.

e.g. Read a chapter of a new book or cook a new recipe.

See our recommended book section



THE FIVE WAYS OF WELLBEING

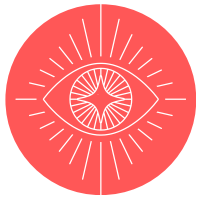
WHAT STEPS DO YOU WANT TO MAKE TOWARDS FIVE WAYS OF WELLBEING ?



Stay Connected



Be Active



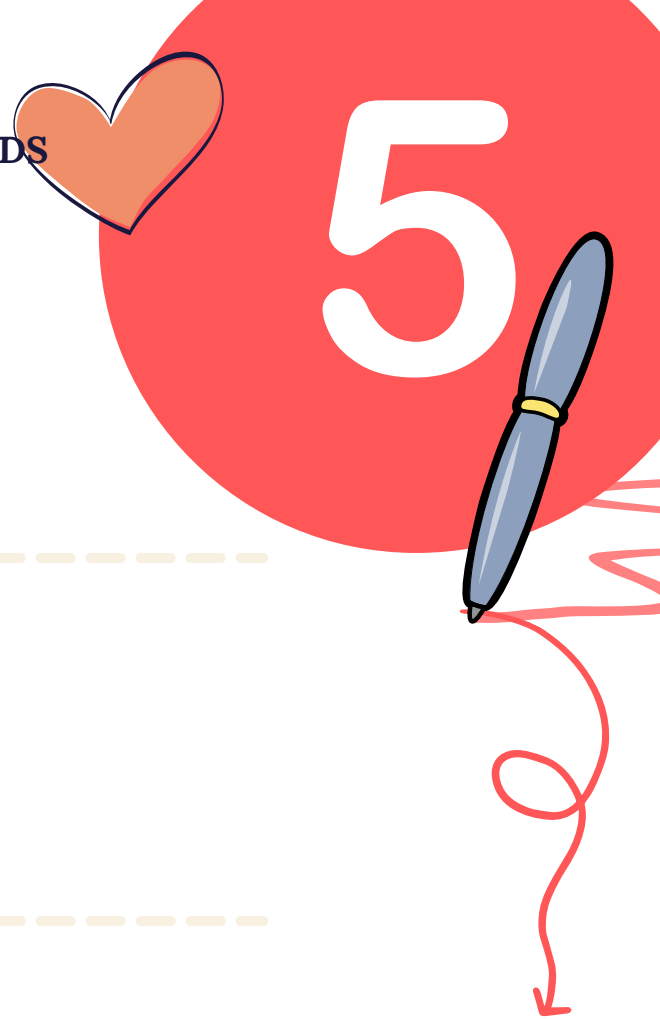
Take Notice



Keep Learning



Give to Others (& yourself)





Stay Connected



To some people being alone, well for a short while, is like living in heaven – a little holiday away from the constant demands placed on our time and attention, like children, our partner, family, and socially.

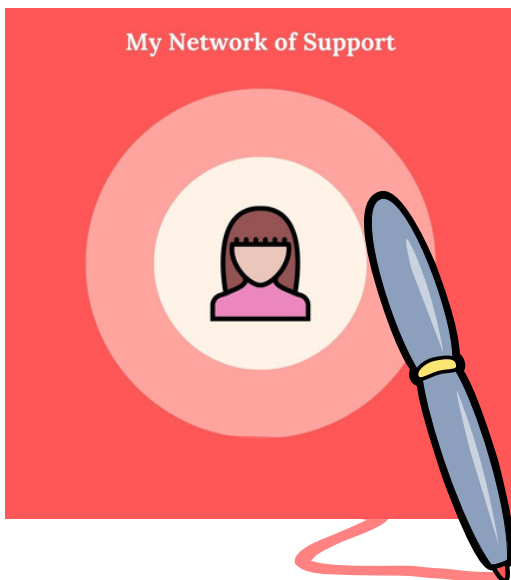
Many of the women I speak to often share how they are losing interest in being social and all they wanted to do is stay at home.

Feelings of anxiety and fluctuating moods can also play a role in why women start finding it challenging to socialise.

love →

Menopause means a decline in the hormones that have boosted connection and driven nurturing behaviours and the inclination to avoid conflict. These changes can take time for us and those around us to adjust. Be kind to yourself during this time.

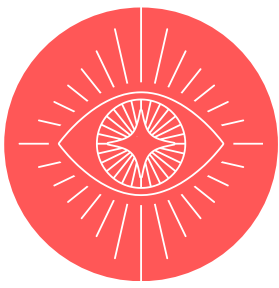
Remember when days feel tough as we go through menopause we can seek positive micro-moments. Every day we can connect with people all around us and use those moments to reduce our sense of isolation and loneliness.



What does your social support network mean to you?

Who energizes you when you are around them?

How do you keep in contact with people even if you don't feel like it?



Take Notice



Have you tried Morning Pages?

Julia Cameron's Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning. *There is no wrong way to do Morning Pages*– they are not high art. They are not even “writing.” They are about anything and everything that crosses your mind– and they are for your eyes only.

Morning Pages provoke, clarify, comfort and can cajole, prioritize and synchronize the day at hand.

Do not over-think Morning Pages: just write, put three pages of anything on the page...and then do three more pages tomorrow.

We wake up with a load of thoughts floating around in our minds. Morning Pages act as a ‘brain dump’ that will clear your mind to focus on other things. Whether it's the small distracting thoughts that can take our attention or bigger, more challenging issues that can at times hijack our thoughts, Morning Pages allow us to “dump” all the “stuff”, making way for more constructive and creative thinking.

Get ready

- Journal - or simply any blank paper
- Pen
- Comfy Seat
- 5mins
- Hot drink

Write about whatever you want. Don't think you have anything to say? That's fine. Simply start writing “This is so stupid, I have no clue what to write...”

Once you feel in a routine you can add a second stage if you like and pick out a couple of particular actions that you want to address from your pages. Creating a helpful To-Do List



Head Space

Deep Breath with Rain Drops

We all need a little headspace from time to time. This can be hard if we are experiencing anxious feelings. Using a tool to help us switch off for a few moments can help. Head Space is a great app and their YouTube Channel has lots of free sessions on there from as little as 3mins.

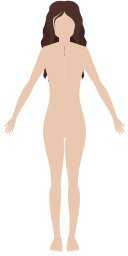


PREPARING FOR YOUR GP VISIT



NOTES TO SHARE

If you need to talk to your doctor about menopause symptoms a little homework can make all the difference. Reflecting on these questions can help you to prepare for an appointment with your GP. Take these notes with you to remind you of what you would like from your appointment.



What symptoms (physical & psychological) am I experiencing and how do I feel they are affecting my day-to-day life.



What information or treatment options would I like to discuss?



Questions I want to ask my GP

Make a list of your medical information, including other physical or mental health conditions and the names and amounts of medications, herbal remedies, or supplements you take.



FURTHER RESOURCES OF SUPPORT

Podcast



The Good the bad and the downright sweaty by Diane Danzebrink and Sophie C

Join Diane Danzebrink and Sophie C as they talk frankly and openly about all things menopause on their podcast



Podcasts | My Menopause Doctor Louise Newson

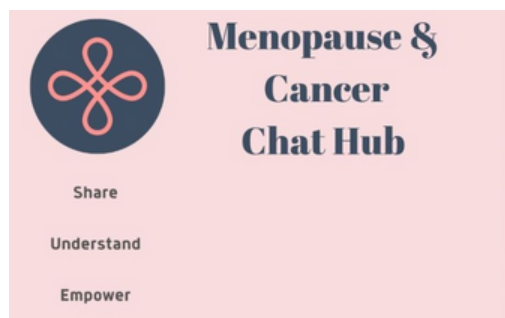
Colleagues and expert guests, discuss a wide range of menopause-related topics to give listeners unbiased, evidence-based and holistic information.



The Menopause and Cancer Podcast

The Menopause and Cancer Podcast is hosted by Dani Binnington, menopause guide, patients advocate for people in menopause after a cancer diagnosis, and founder of online platform Healthy Whole Me

Menopause & Cancer Chat Hub -Facebook group



This is a private group which allows women to share and discuss their experiences in menopause post a cancer diagnosis.

Because menopause after cancer is a totally different ball game! Dani advocates better understanding which enables you to make choices that are right for you.

APPS & Web



Menopause & Cancer YouTube

Amazing short clips cover all sort of issues related to Menopause and Cancer, from treatment options to movement

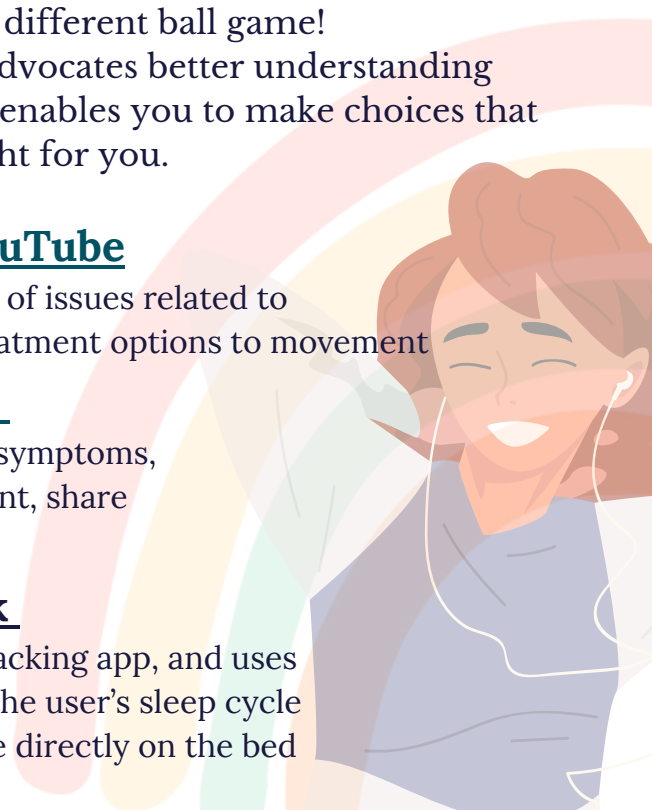
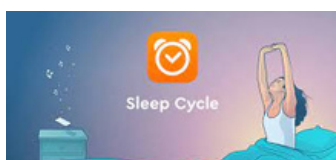
Balance Menopause App

Balance allows you to track your symptoms, access personalised expert content, share stories and lots more.



Sleep Cycle Alarm Clock

This is an advanced sleep cycle tracking app, and uses patented technology to measure the user's sleep cycle without having to place the device directly on the bed



FURTHER RESOURCES OF SUPPORT



MENTAL HEALTH SOURCES OF SUPPORT AND HELP

It can take us time to steady our emotional wellbeing and it's ok to reach out for help too. If your life is at imminent risk, please call 999 for immediate help.

Telephone Helplines

MindLine Cumbria 0300 561 0000

provide practical information about mental health, services and support. They can help you understand your situation better, explore your options or just be there to listen.

Samaritans 116 123

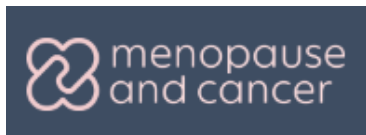
Whatever you're going through, the Samaritan's will face it with you. They are there 24 hours a day, 365 days a year

Shout Text SHOUT to 85258

If you are struggling to cope and need to talk, SHOUTS trained Volunteers are there for you, day or night.

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

Websites



Menopause & Cancer www.menopauseandcancer.org

Aim is to make all of their services available to all people affected by cancer and menopause. Regardless of the type and stage of cancer and age.



The Menopause Charity www.themenopausecharity.com
will bust myths, overcome ignorance and make menopause symptoms history.



Menopause Support www.menopausesupport.co.uk

is a not-for-profit community interest company and the home of the national #MakeMenopauseMatter campaign. both founded by Diane Danzebrink.



British Menopause Society | For healthcare professionals and others specialising in post reproductive health (thebms.org.uk)



Jo Divine | www.jodivine.com

Excellent Sex and relationship information and advice on regular blogs

Reading & Learning

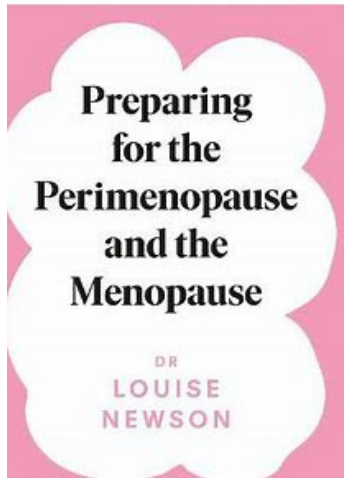


PENGUIN LIFE EXPERTS



Preparing for the Perimenopause and Menopause

Dr. Louise Newson



The UK's leading menopause expert, Dr Louise Newson will demystify the taboos and show why every woman should be perimenopause aware, regardless of their age.

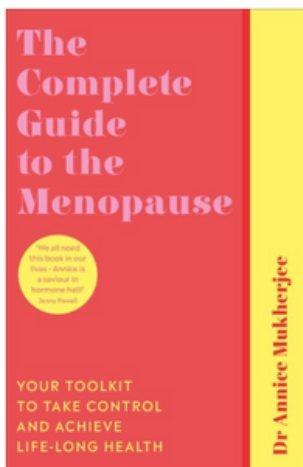
Using new research and empowering stories from a diverse range of women, Dr Newson will equip you with expert advice and practical tips.

Oestrogen Matters: Why Taking Hormones in Menopause Can Improve Women's Well-Being and Lengthen Their Lives Author Avrum Bluming MD

Estrogen Matters: Why Taking Hormones in Menopause Can Improve Women's Well-Being and Lengthen Their Lives -- Without Raising the Risk of Breast Cancer

Oestrogen Matters

Why Taking Hormones in Menopause Can Improve Women's Well-Being and Lengthen Their Lives - Without Raising the Risk of Breast Cancer



The Complete Guide to the Menopause: Your Toolkit to Take Control and Achieve Life-Long Health





Dr Annice Mukherjee is a hospital physician and endocrinologist with a medical career spanning nearly 30 years. She specialises in general medicine and endocrinology with a career long interest in complex medical illness, quality of life in endocrine disease, hormone problems in cancer survivors, including early menopause.

Extras-

The New Hot: Taking on the Menopause with Attitude and Style - Meg Matthews

Perimenopause Power: Navigating your hormones on the journey to menopause - Maisie Hill

Social Media Accounts

-  **Healthywholeme** Menopause and Cancer Patients advocate,
-  **Dandelion_coach** Menopause tips and support
-  **Alisonbladh** Food and nutrition tips and support
-  **dianedanzebrink** Menopause support and Activist





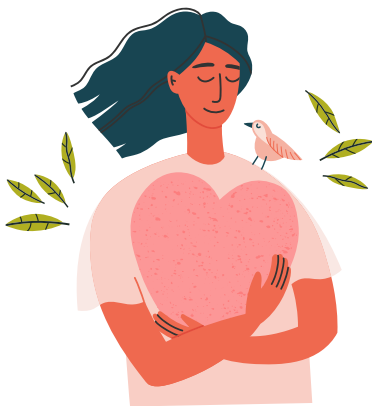
As a professionally trained and experienced coach, I also offer individual coaching to women who may be experiencing any transition in their personal and professional life.

If you would like to discuss how coaching can help you, or for more information please contact me.

I offer a free introduction no-obligation coaching session.

As women, we constantly experience transitions in our personal or professional lives, where we can find ourselves evaluating our own beliefs, values, priorities, or identity. These transitions can be but are not always triggered by an event or feeling, they can be large or small and can lead to us feeling stuck in life.

Coaching helps women to have space to consider what they want and need to help them to move forward and feel better in many aspects of life.



WHAT WE DO >>>>

Dandelion Coaching is a Not-4-Profit and provides workshops to individuals, communities, and workspaces to compassionately explore the physical and emotional aspects of peri-menopause and menopause.

OUR VALUES <<<<<<<<<

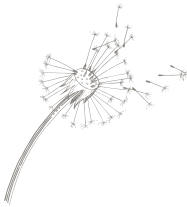
Our core values of making the complex seem simple and creating space for choice, strength, and curiosity for women.

OUR MISSION >>>>

To support women experiencing transitional moments to achieve their full potential

DANDELION

Be more Dandelion & less Orchid

	BOTANICAL NAME TARAXACUM
	MEANING HOPE, FREEDOM, OPTIMISUM, FULFILLMENT
The dandelion has one of the longest flowering season of all plants (just like women)	

Please can we ask that this booklet is not reproduced ~ as a not-for-profit social enterprise our work supports our community and to associated causes to offer support. If you would like additional booklets please contact us.



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