

# HOT 'N BOTHERED!

## Survive & Thrive during Menopause

### What is menopause?

- **Pre-Menopause:** the time in your life before any menopause symptoms occur.
- **Perimenopause:** when you experience menopausal symptoms due to hormonal changes, but still have periods (which may be changing in nature or frequency)
- **Menopause:** when you do not have a period for 12 consecutive months.
- **Post-Menopause:** the time in your life after you have not had a period for 12+ months.

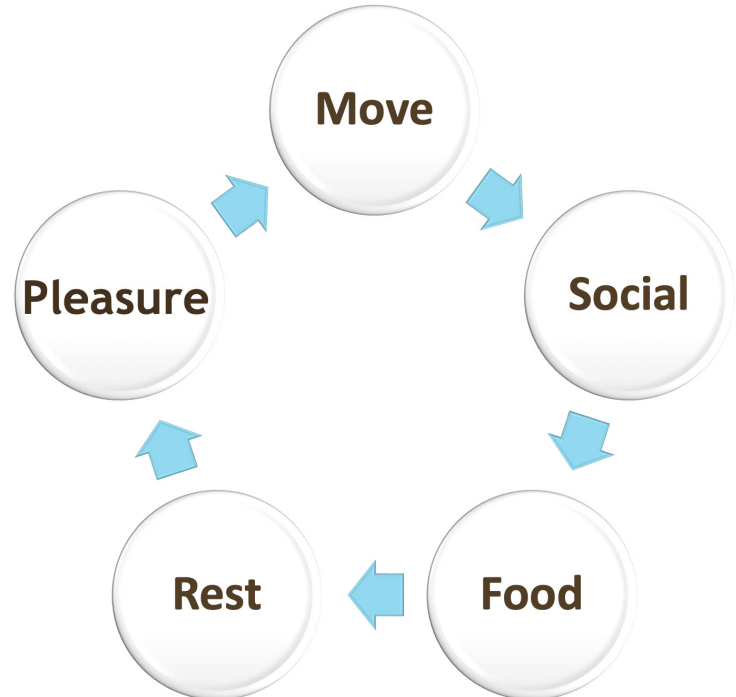
### Common menopause symptoms:

- Fluctuations in the frequency and severity of your period.
- Hot flashes/ flushes.
- Dry mouth/ skin/ hair.
- Disturbed sleep.
- Mood swings/ anxiety.
- Brain fog.
- Heart palpitations.
- Weight gain.
- Changes to your breasts.

### What can you do?

In this 4-week series we will be learning tips on how best to take care of you, using the tools that are under your control. You'll learn how sleep, diet, exercise, stress management, and hormones all play a role in your health (and what you can do about it!).

Educating yourself as to what is coming, what you can do about it, and knowing when it's time to seek professional help can drastically improve your experience during the menopause transition. I will share research and data but ultimately you consider talking to your doctor about what's right for you.



# YOUR PELVIC FLOOR

## Rest + Digest

Impaired sleep, anxiety, and hot flashes that can feel more like panic attacks are some symptoms of menopause. You can practice getting yourself from a sympathetic (fight or flight) to a parasympathetic (rest and digest) state.

**You have the power to calm yourself down.** Meditation, journaling, sleep hygiene, scheduling down time, and practicing relaxing your pelvic floor are all ways to get your body and mind into the rest and digest state.

### Why is it important to relax your pelvic floor?

Pelvic floor dysfunction is a common condition where you're unable to correctly relax and coordinate the muscles in your pelvic floor. You need to be able to **both contract and relax these muscles** to accomplish daily activities like pulling groceries out of your car, picking up your child or pet, putting your suitcase in the overhead bin.

### NOTES:



.....

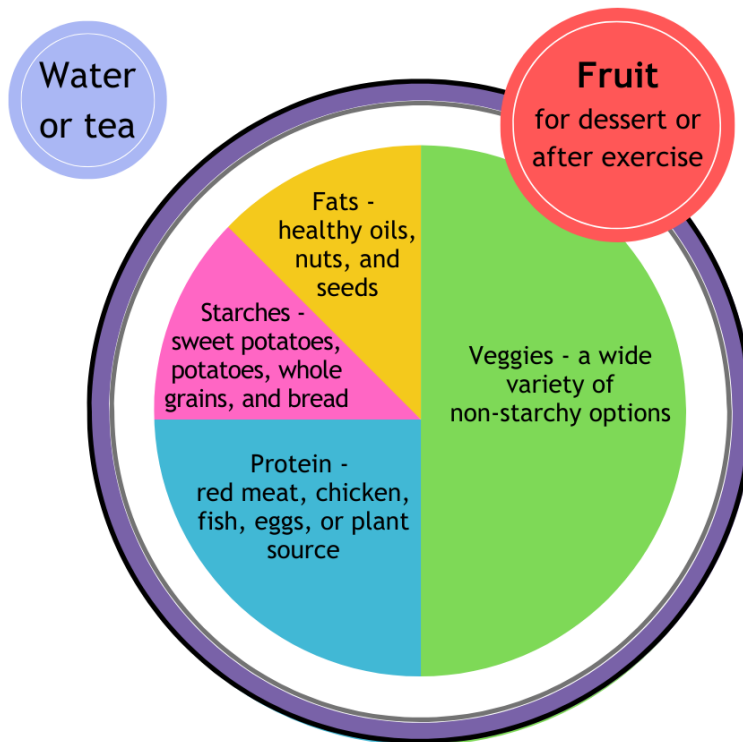
When will you plan to practice relaxing your pelvic floor this week?

# YOUR FOOD

## Protein + Produce

Eating a variety of foods and including veggies and protein with each meal will help build muscle, improve your digestion, and help you sleep. A balanced diet can help improve your mood, help you build strong muscles and bones, protect your heart, and help you maintain a healthy weight.

The graphic below provides a general overview of how much veggies, protein, fats, starches, and fruit you should be eating at each meal.



NOTES:



When will you prep some healthy food for this week?



# YOUR FITNESS

## Walking + Weights

Exercise is an important part of your menopause care plan. Getting your body moving increases your heart rate, improves your body composition, and releases endorphins which help you feel more relaxed and positive.

Cardio does not have to mean a HIIT workout or spin class that leaves you feeling like you're going to be sick. In fact, I would argue that women our age need to do less of these high intensity workouts and more slow walks and heavy lifting.

- Walking, biking, and swimming are all excellent cardio choices. **Aim for 30 minutes x 5 days a week.**
- To build strength and lay down new bone material, it's important to lift weights that feel challenging. Strength training can be pushing, pulling, or lifting something heavy. **Aim for 20 minutes x 2 days a week.**

### NOTES:



.....

When will you get in some cardio and strength training this week?

# YOUR INTIMACY

## Sex + Pleasure

Did you know that your lady bits (just like your brain, and your muscles) need blood flow to thrive? A study followed women who had sex daily (Who are these women? Where do they find the time?) none of the women suffered from pelvic floor dysfunction.

While daily sex may not be reasonable for most of us, prioritizing a healthy, pleasurable sex life is important.

If you've been in a relationship for a while this may mean scheduling a date night, talking frankly about your needs, and being open to trying new things, especially as your body changes. If you're not in a relationship, it may mean finding other solo ways to prioritize your pleasure like listening or dancing to your favorite music, self massage, reading a smutty book, or watching a dirty movie.

### NOTES:



When will you explore what pleasure looks like for you this week?