

Menopause: Signs, Symptoms and Coping Strategies

What is Menopause?

Menopause is a natural biological process that marks the transition away from the menstrual cycle, typically occurring when a person is in their late 40s to early 50s.

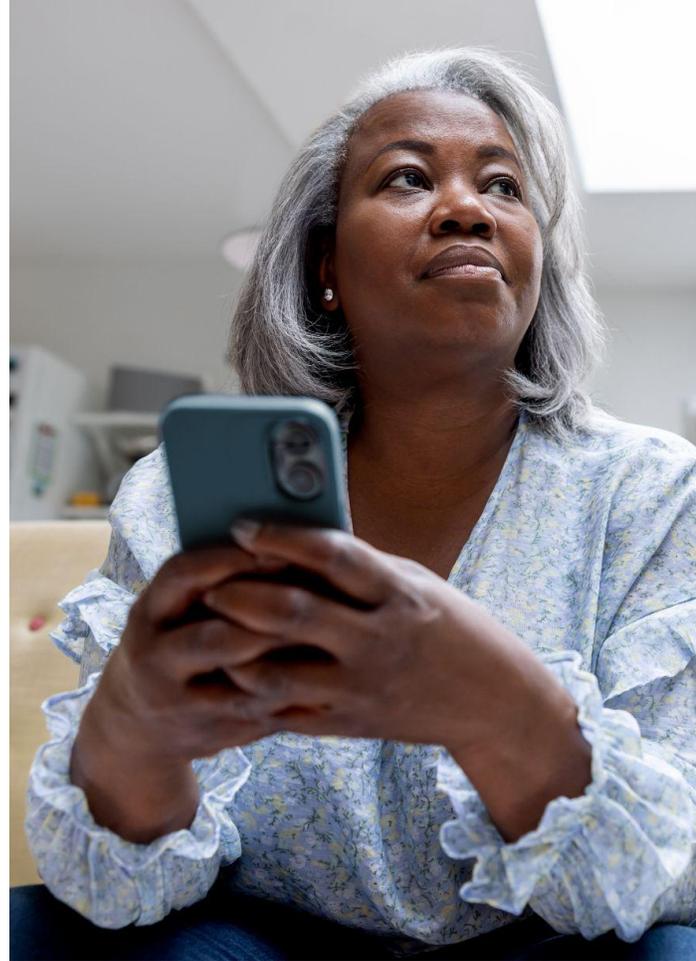
Signs and symptoms

Menopause is diagnosed after 12 months without a menstrual cycle. However, in the months or years leading up to that time, women can have perimenopause symptoms.

- **Physical:** hot flashes, chills, sweating, slowed metabolism and weight gain
- **Emotional:** sleep disturbance, mood changes, brain fog, difficulty concentrating

Coping

- **Reach out to your medical doctor** to oversee physical health.
- **Lifestyle changes.** Increased movement, meditation, eating a well balanced diet, finding a creative outlet and staying connected with peers are all proven to have a positive impact.
- **Therapy can help:**
 - Manage the emotional adjustment and feelings of disappointment, anxiety, and depression.
 - Strengthen coping skills to manage both physical symptoms and new stressors.



Your benefits with Spring Health

Spring Health—your Mental Wellbeing Support Benefit provided by your employer—can help you work through any difficult feelings you may be experiencing. It's 100% confidential, so your info will never be shared with your employer or anyone else.

Sign up or **sign in** to speak with your Care Navigator, a licensed clinician who can answer questions, book same-week therapy appointments, and more.

Get confidential support:

nestle.springhealth.com

1-855-629-0554

(Select option 2 for 24/7 crisis support)