

May 2022

Issue 1

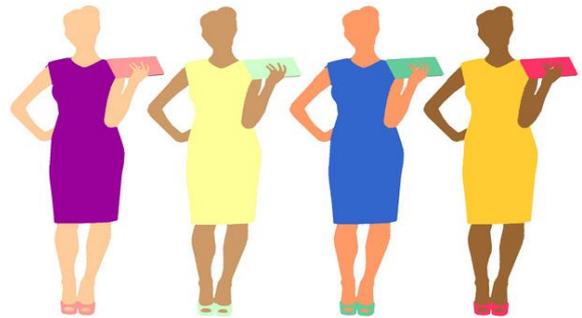
Over the past 2 years, the pandemic has dominated the headlines, captured our imaginations, ignited our fears and generated a wide variety of emotions.

It has shown that during lockdown times were really difficult for many.

Wellness News

Mental Health week 9-15th May

**Company Mental Health First
aider- Sarah Ridley Smith**



**The 34 menopause warning signs
that GPs must recognise**

GPs need to recognize these symptoms:

Physical symptoms

1. Allergies
2. Bloating
3. Body Odour
4. Bone Fractures
5. Breast Soreness
6. Brittle Nails
7. Burning Mouth
8. Decreased Libido
9. Dental and gum problems
10. Dry, itchy skin
11. Dizziness
12. Electric shocks
13. Joint Pain
14. Hair loss
15. Head aches
16. Hot flushes
17. Irregular Periods
18. Muscle tension and restlessness
19. Nausea and digestive issues



Further information and support

Some useful websites on the menopause.

Menopause Matters-

www.menopausematters.co.uk

The British Menopause Society

www.thebms.org.uk

NHS information on HRT

www.nhs.uk/conditions/hormone-replacement-therapy/pages/introduction.aspx

NHS menopause pages

www.nhs.uk/conditions/menopause/pages/symptoms.aspx

Healthtalk.org

www.healthtalk.org/peoples-experiences/after-life/menopause/topics

Womens Health concerns

www.womens-health-concern.org/help-and-advice/factsheets/focus-series/menopause

Menopause support uk

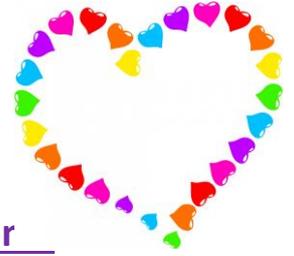
(for partners to gain info)

www.menopausesupport.co.uk

Health authority self-referral for mental health issues

www.healthinmind.org.uk

20. Night sweats
21. palpitations
22. Tingling Extremities
23. Urinary symptoms
24. Vaginal dryness
25. Weight Gain



Emotional/Mental symptor

26. Anxiety and loss of confidence.
27. Brain fog and poor memory
28. Depression or low mood
29. Difficulty concentrating
30. Difficulty sleeping/disrupted sleep
31. Irritability
32. Mood swings
33. Panic attacks
34. Tired or lacking energy

How we will help you

We have trained mental health staff.

We now have assessments to recognize symptoms of menopause and mental health wellbeing.

We have a support network providing helpful resources and information.

Restoring the balance long term

Take good care of yourself

Your health (physical and psychological) is your most valuable resource.

- Eat regularly and healthily
- Take regular exercise (particularly aerobic)
- Ensure you are getting enough sleep
- Take leave (and avoid the work phone if possible)
- Avoid drinking too much alcohol
- Seek help if you are feeling unwell
- Pay attention to your work-life balance
- Invest in relationships with friends and family
- Volunteer to make a positive contribution
- Take up a hobby/re-invest time in an existing one
- Stretch yourself physically/academically
- Deal with problems resolutely, rather than avoid

Other sources of support can include:

Your line manager, occupational health, employee assistance programme, your GP, your family and friends and colleagues who you trust.

