



Hormone helpers

Menopause, typically around age 51, is the natural biological end of menstrual cycles. The resulting shift in hormones, especially estrogen, causes various physical and emotional symptoms. Supporting the women in your life, and seeking it yourself, can help ease the challenges of menopause.



- Understand that mood swings and irritability can be symptoms of hormonal changes, not personal attacks. Validate her feelings and listen without judgment.
- Always lead with empathy. Remember that each woman's journey is unique, and symptoms can vary widely in intensity and duration.
- Talk openly about her symptoms and how you can best help. Encourage her to speak with a healthcare provider about treatment options, such as hormone replacement therapy (HRT).
- Support her in maintaining a balanced diet and regular exercise, which can help manage weight gain and improve sleep quality—both common challenges during this transition.