

Navigating Menopause: Embracing Change with Confidence

Key Takeaways

1

Menopause is a Natural Life Stage



Menopause is not a disease or a disorder but a natural part of aging



Naturally hormonal shifts gives rise to menopausal symptoms



Menopause symptoms go beyond reproductive

2

How Menopause Affects the Mind and Body

Decline in Mental Wellbeing

Loss of estrogen accelerates neurodegeneration



- Leading to:
- > Brain inflammation
 - > Poor cognition and memory
 - > Mood swings

I am losing my mind!

Decline in Physical Health

Night Sweats

Insomnia

Hot Flash

Weight Gain

Thinning Skin and Hair

Joint Issues

I am losing control of my body!

Conclusion



Menopause symptoms can be painful, worrisome, stressful, and affect a woman's confidence and wellbeing

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Self-Care Strategies for Emotional and Physical Wellbeing

Self-Compassion



S.A.F.E Self-Compassion Technique

Soften | Allow | Feel | Expand

Encourages self-kindness during hormonal or emotional fluctuations

Nutrition Strategies

Reduce brain inflammation using food and supplementation - the first step to manage emotions and motivations.



Foods and recommended amount to consume



Supplements and recommended dose

Need a bit more help?

Discuss with your coach how to embrace the changes and navigate this stage with confidence.



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

