



Episode 184: How to Approach Menopause

with Dr Claire Kaye

Menopause is not a disease or disorder, but too many people don't know how to approach it. On top of that — most people wouldn't be able to identify it immediately.

Most people are aware of the physiological effects of menopause: hot flashes, for example. But it also has psychological effects that can go unnoticed. Unfortunately, these psychological effects, if unaddressed, can cause industries to lose highly-skilled women, such as doctors.

In this workbook, we'll tackle ways to address the effects of menopause. Often, managing the effects involves a combination of community and coaching — including self-coaching. It also involves the normalisation of menopause so that we can empathise rather than belittle or pity.

If you're looking for techniques to support yourself through menopause — or are supporting someone going through it — this episode is an excellent place to start.

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Quote to remember:

'It's through the process and understanding themselves more that they suddenly come to the realisation themselves.'

What You Will Learn

It's not uncommon for people with menopause to misidentify the causes behind what they feel. Feelings such as brain fog and having difficulty remembering things might seem like dementia when they are, in fact, caused by normal hormonal changes.

This activity aims to push individuals to identify places where they can find support. That might involve looking for places where they can receive coaching or guides for self-coaching. Alternatively, it might be finding people within their community who they can talk to about their experiences.

It's impossible to overstate the value that community support has for people experiencing menopause. Several of the problems surrounding menopause involve the reactions of people around an individual, especially someone in a professional setting.

Completing this short exercise will push you to identify the specific problems you experience so that you can create targeted solutions to them. Awareness is critical; there is no generalised solution for every problem.

Activity: Approaching Yourself With Compassion

Q1. Think of the women in your life. Are any of them displaying any of the signs that Claire described in the episode? Are you experiencing anything similar?



Q2. As a professional in a high-stress job, who are you able to talk to about your experiences or difficulties? This can include a friend, community member, or a professional coach.

Q3. How do you care for yourself? This includes things like proper nutrition, sleeping habits, exercise, and recreational time. Remember: not caring for yourself is detrimental to you and the people around you!

Q4. How can you normalise menopause at your workplace?

Q5. Make a list of the things you find challenging now that you used to do with ease. Most often, this might involve memory issues or brain fog, but you may have things unique to you. What solutions can you enact to overcome these challenges?

CPD time claimed:

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