

# TOP TIPS

## for managing your menopause at work

Here are *Talking Menopause's* top five tips for managing your menopause at work.

Most organisations should have robust procedures to support their staff, but they don't always connect these to menopause. This can lead to women feeling alone and isolated at work.



**1.**

### **Awareness and understanding**

Make yourself menopause aware by reading and understanding your symptoms and which ones could have an impact on your work.



**2.**

### **Normalise it**

Menopause is normal, and it is ok to go through menopause at work.



**3.**

### **Make it visible**

Speak to your line manager or HR, ask them to consider menopause like pregnancy and maternity, make it visible, get policies, procedures and training in place to support women.



**4.**

### **Break the silence**

Open up conversations with work colleagues, encourage people to feel more confident speaking about menopause. If you need help, don't be afraid to ask for it.



**5.**

### **Share your knowledge**

Be part of the solution, help your company become menopause aware, break the silence and say the M word out loud. Be a #Menovist!

Remember, you are not alone, there will be others who understand what you are going through. A support group or network such as Rock My Menopause's closed Facebook group can provide a community to come together and talk openly.