

- The fact that there are significant emotional, psychological and cognitive symptoms is still generally misunderstood or not known at all. Things like: anxiety, low mood, loss of confidence, loss of joy, feeling more irritable and for some quicker to anger, and all of those things have significant effects on our partners, families and colleagues
- And if you don't understand what is happening to you, then the anxiety creeps up
- Sometimes if the GP doesn't recognise the symptoms, then they will prescribe you with antidepressants
- If we find that sex is painful, sometimes we shut down and try and avoid any form of intimacy
- If we don't understand what is going on with our body, how can we explain it to our partner
- It's then quite hard to step back into intimacy and pleasure - things like kissing and having a cuddle on the sofa
- Take the focus off any sort of penetrative sex, and just try and get back to intimacy and flirting
- Communication is really key. We need everybody to know about menopause - not just the person going through it
- Diane wrote a guide called: [https://menopausesupport.co.uk/?page\\_id=13696](https://menopausesupport.co.uk/?page_id=13696)
- Not everyone will have a terrible time
- ¼ will have no symptoms at all, 2 in 4 will have moderate symptoms and ¼ will have really severe symptoms
- Look after your intimate health. Find a good, natural sexual lubricant
- Look at the way you enjoy sex. It doesn't always have to be penetrative. It can be mutual masturbation. It can be kissing. It can be cuddling or using sex toys
- The British Menopause Society (<https://thebms.org.uk/>) is a great source of information for professionals
- Women's Health concern is the patient arm of that (<https://www.womens-health-concern.org/>)
- There is light at the end of the tunnel, and you might develop new hobbies and new passions