

# The **Loving Bystander's** Guide to Perimenopause and Menopause



If someone you care about is experiencing menopause symptoms, like hot flushes, sleep disturbance, mood changes, exhaustion or low libido, they don't have to navigate it alone... and neither do you.

**STEP 1:** Educate Yourself (we'll help!)

**STEP 2:** Ask them what they need/ want

**STEP 3:** Connect them with the help they need

## What All Partners, Friends and Loved Ones Need to Know About Perimenopause and Menopause.

Everyone born with ovaries will eventually experience menopause, and 80% of them will experience symptoms such as:

- Hot Flushes or night sweats,
- Brain Fog or cognitive difficulties
- Mood changes, particularly before periods
- Changes to the menstrual cycle or bleeding pattern
- Loss of sex drive or responsiveness
- Vaginal dryness or pain
- Urinary issues
- Migraines, itchy skin, burning tongue... and so many more!

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## STEP 1

is to educate yourself; make sure you understand what might happen so you can be prepared to support them. WellFemme has you covered with a range of helpful resources:

**WellFemme's [FREE on-demand "Menopause 101"](#)** webinar. This is an overview of the menopausal transition: what's happening, what are the symptoms and long-term consequences, and how is it managed. There is also a Q&A at the end for those who want a deeper dive into the most commonly asked peri/menopausal questions.

**"What is Perimenopause?"**: Blog article and webinar.

**"How To Support Your Partner Through Menopause"**: Blog article.

**"Midlife Relationships"** - FREE on-demand webinar.

**"Sex and Menopause"**, another FREE on-demand webinar.

**Our [WellFemme Blog page](#)**, with a wealth of articles and resources related to the menopausal transition, including mood issues, sleep and sexual problems, brain glitches and physical symptoms.

**"The Facts About Menopause"** Fact sheet.

**Our [Complete Suite of Free On-Demand Webinars](#)**: including topics like hormonal treatments, ADHD in peri/menopause, urinary and intimacy issues.

# The **Loving Bystander's** **Guide** to Perimenopause and Menopause



## STEP 2

Every menopause journey is different; symptom severity will be impacted by social, health and environmental circumstances, as well as personality and upbringing. That's why Step 2 is to ask what they need or want; it really is that simple. The way you ask- the timing, tone and the context- will be super important to how the question is received and interpreted, so choose a time when you're both relaxed and feeling connected.

## STEP 3

is to help them find the right professional support.

Encourage your loved one to prioritise their health with a Gift Certificate for WellFemme's expert perimenopause and menopause support services.

**CLICK HERE** for more information or to purchase a Gift Certificate.