

Should we prepare for menopause? Given that it can occur in younger women, it is worth knowing the signs; for example, hot flushes and changes in periods. We have discussed the influence of negative expectations and attitudes and the role of stress; so, it makes sense to check these areas for yourself before you reach the menopause if you can. Talking to friends of your age (or partners, family members) and having another person's perspective can be a great place to start. For example, you could discuss:

What comes to mind when you think about menopause?

.....

What do you expect to happen?

.....

What lifestyle changes would you like to make?

.....