

If you are employed outside the home, what has your experience been of going through the menopause at work? Have menopausal symptoms bothered you at work?

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Have you felt embarrassed at work?

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Would you say that your workplace has been supportive or unsupportive regarding menopause?

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Have you talked about the menopause to anyone at work, e.g. a colleague?

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Women can encounter criticism and ridicule about menopausal symptoms from co-workers and managers. This is especially the case where their manager is male, or is younger than them whether male or female, and when comments are dismissed as jokes. Some women keep menopause quiet because they feel that their menopausal status opens them up to negative stereotypes and attitudes. Interestingly, when women take sickness absence because of menopausal symptoms, they often do not state the real reason to their manager.