

# The Three 3s of Menopause

When you hear the word "Menopause" what are your initial thoughts and feelings? What does this word trigger for you?

I will assume that your thoughts and emotions are mostly negative, feelings of denial and not being ready.

You may have an image in your head of what a menopausal woman looks or acts like.

Here I want to BUST all those assumptions or images that have been reinforced through our culture and media, and support you as you begin to embrace your menopause journey in a different way!

## #1 The Three Myths

### #1 Menopause is the beginning of the end

Menopause is not a disease. It is a natural stage in your life journey. It is the bookend to puberty. It allows you to now transition into the next stage of your life.

Post-menopause is full of opportunities, adventures and wisdom.

### #3 Menopause is only for old women

Menopause does NOT mean you have hit old age. The average age for menopause is 51 years old, but you can begin to experience symptoms in your early 40's. And with women living so much longer, menopause is just another milestone.

### #2 Menopause means suffering

Suffering is NOT a pre-requisite for your menopause experience.

There are a multitude of potential side effects, (physical, emotional, mental) but if you understand what is going on in your body and prepare for it, then you can find many ways to manage, treat and even prevent many of the menopausal side-effects and improve your health and wellbeing.

What is your  
biggest  
menopause  
myth?

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Most women don't realise that they are on their menopause journey until it's too late. The health changes and challenges that they have been experiencing for years, have either been ignored, explained away or mis-diagnosed.

Instead of being empowered to take control and make small changes to improve their health and wellbeing, women have been left to fend for themselves, leaving them feeling frustrated and suffering.

Understanding the three key stages of menopause journey is crucial to identifying where you are on the journey and what you can do to navigate this time with ease and confidence.

## #2 The Three Stages

### #1 Peri-Menopause

This is the first stage of menopause which occurs between 42-47 years (approx). During these years you begin to experience changes to your health and wellbeing, you may not feel like yourself, but you may not realise it is menopause related.

### #3 Post-Menopause

You enter post-menopause after 12 period-free months. Your symptoms may still persist for a number of years after this time. Eventually they will become more manageable as your hormones balance out. Slowly you become more confident to step into your truest, most authentic self and embrace the next stage of your life with wisdom and joy.

### #2 Menopause

This is the main stage of your journey, which occurs between 48-53 years (approx). The average for "official menopause" is 51. During these years your symptoms can be experienced to varying degrees and intensity. You may experience a range of health and wellbeing challenges and feel frustrated at the lack of solutions to help you navigate this time. Your period will eventually stop.

What stage are  
you at on your  
menopause  
journey?

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There is a lot of mis-information regarding menopause symptoms. Many just think of hot flashes, night sweats and disappearing periods.

Unfortunately it's not that simple. There are potentially 75 different menopause symptoms and women can experience a range of them to varying degrees. For many women they appear in mild forms and can be managed. For others, they can be extreme and adversely affect daily life and function.

Understanding how menopause symptoms show up is the first step to identifying them and finding the best ways to manage, treat and even prevent them! Suffering with menopause symptoms is **not** a requirement during this time of life!

## #3 The Three Symptoms

### #1 Physical Symptoms

You can experience your menopause journey with a range of physical side affects. They can include:

- hot flashes
- vaginal dryness
- stiff joints
- fluctuating periods
- sleep fluctuations
- night sweats
- loss of libido
- heart palpitations
- weight gain

### #2 Emotional Symptoms

Menopause journey is defined by fluctuating hormones. This creates a lot of emotional instability which can be difficult for you and those around you. It can show up with:

- mood swings
- feeling vulnerable
- loss of identity
- feeling more stressed
- anxiety
- depression
- low energy
- unmotivated

### #3 Cognitive Symptoms

Cognitive changes are very common during menopause journey. You may be fearful that you are experiencing early on-set dementia. Common Symptoms include:

- foggy brain
- lack of focus or concentration
- short term memory loss
- forgetfulness

What is your biggest menopause challenge?