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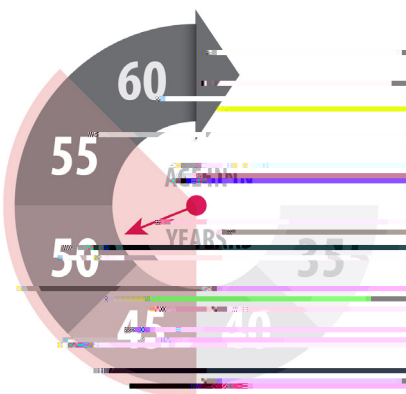
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to have a substantial adverse effect
on normal day to day activities –

Guidance for women

symptoms are affecting their wellbeing and their capacity to work:

- Find out more about the menopause from available sources of information (see suggestions at the end of this guidance).
 - See your GP for advice on available treatment options.
 - Discuss your practical needs with your line manager, HR or another manager you feel comfortable talking to.
 - Use technology where this is helpful, e.g. for reminders or note taking.
 - If there is an occupational health service available, make an appointment to discuss support and possible work adjustments.
- If those you work with are supportive, this can make a big difference. Talk about your symptoms and solutions with colleagues, particularly those who are also experiencing embarrassment, and work out your preferred coping strategies and working patterns.
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