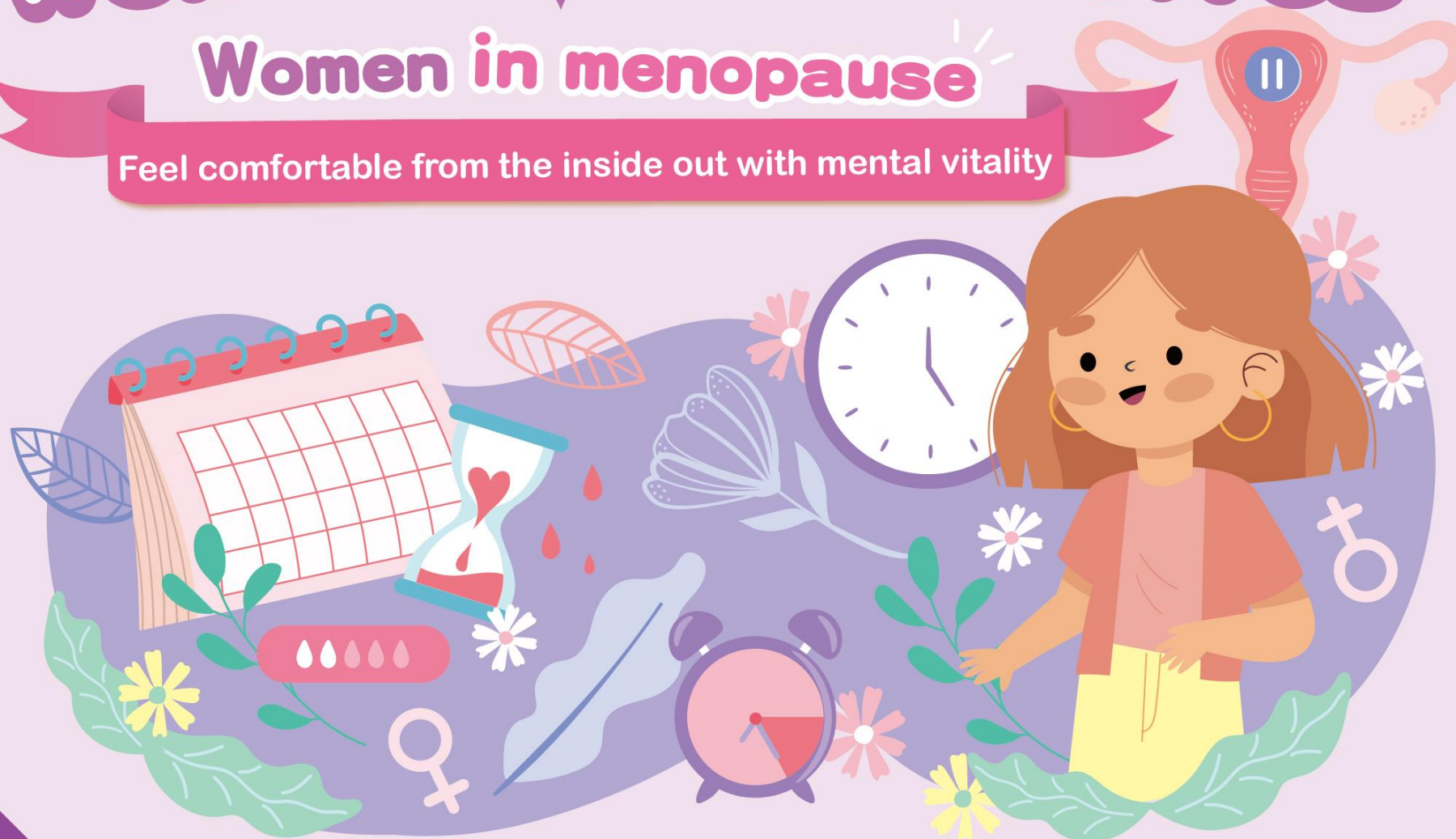




Women **love** themselves

Women in menopause

Feel comfortable from the inside out with mental vitality



What is menopause ?

♀ Natural course



- ★ Menopause may involve mental changes plus the change in family structure and work. Hence, it requires more preparations to adapt to the transition of menopause.
- ★ You can evaluate your self-condition and discuss with the doctor if needed.



Change of health during menopause, be aware of self physical changes



There are three phases to the transition period,
which include perimenopause, menopause, and postmenopause.

- The symptoms of these phases may be different according to the individual's condition. Most symptoms can be adapted well so women should not be too worried about menopause.
- Physical symptoms include hot flashes, sweats, irregular periods, palpitation, insomnia, etc. Further, you may have symptoms such as dry skin; vaginal dryness and pain, itching or discomfort during sex; osteoporosis; cardiovascular, urinary, and reproductive system changes



Change of health during menopause, be aware of self mental changes



Seek professional assistance
when physical and mental
issues occurred



Possible negative emotion

Mental symptoms may include mood swings, irritability, anxiety, fatigue, depression, poor concentration, loss of memory, insomnia, etc.



Possible positive emotion

In addition, you may feel relaxed and have positive experiences such as a sense of achievement, happiness, cherish, satisfaction, and gratitude.



Self-care during menopause



Adjust life schedule and emotion. Balance life, work, and family.



Life balance



Moderate activity and exercise can increase stamina and self-confidence.



Exercise



Health Risk

Prevent cardiovascular illness, osteoporosis, and reproductive system issues.



Sex health

Communicate well with your partner and express love with care and intimacy.

LESS oil, salt, and sugar.
MORE vegetables and fruits, fiber, calcium, and other vitamins.



Nutrition



Mental care during menopause



Have an optimistic attitude toward life.



Mind



Relationship

Interact well with friends and participate in social communities.



Use health care resources properly to gain positive experiences in menopause.



Resources



Empowerment

Find self-value by perceiving and examining your needs, and achieve self-empowerment through self-growth.

Do emotion management to avoid angry and restlessness.



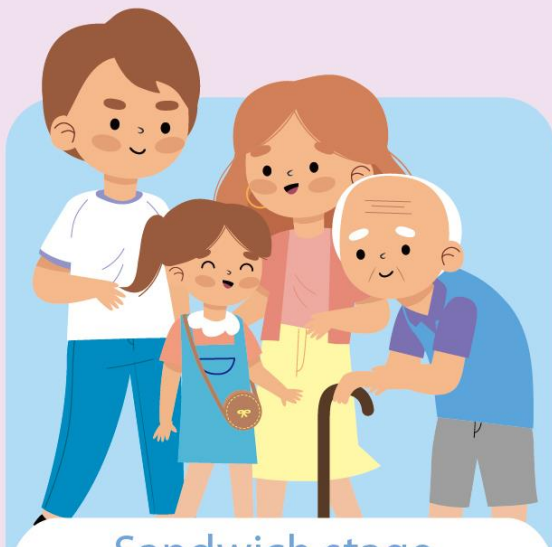
Emotion



Balanced roles



Women in menopause are matured, their life experience can be the power to contribute to society continually.



Sandwich stage, a prosperous period of career, the empty nest period when facing children leave home, and responsibility of taking care of elders and teenage children.



Manage the relationship between family and work to achieve life balance.



Not limited by negative thinkings about menopause and focusing on what is "gained" rather than what is "lost".

To live freely,
break myths, and be yourself



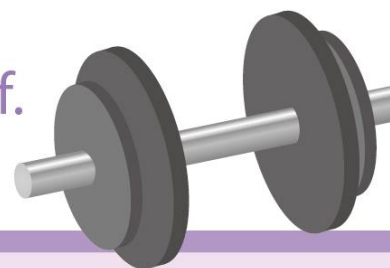
Myth 1



Menopause means women's body functions are declined and lack attractiveness.

FACT

Live with resilience and energy by keeping healthy diet, maintaining the habit of exercise, building up optimism, and taking good care of yourself.



To live freely,
break myths, and be yourself



Myth 2



Menopause is a disease and should be treated by medicine.

FACT

Menopause is a natural course, not a disease. Only a few people with trouble in adaptation need medical treatment. Most people can cope with and adapt to menopause by learning the right knowledge of health care!



More care: self-help and helping others



Self-help



Empowerment:
build up
self-confidence
and re-burst
with vitality.



Face and cope with
frustration:
recognize the
changes in body,
mind, and life roles.
Learn emotion
management.



Accept and
believe in your
self-value.



Rearrange,
regroup, and live
a simplified life



Keep
enthusiastic and
learn new things.



Beyond yourself:
becoming a
woman with the
power of
execution.



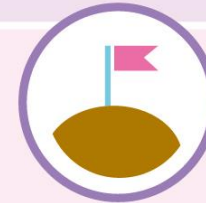
More care: self-help and helping others

Helping others

The transformation of menopause women
is a blessing, happiness, and praise!



Willing to caring
and helping others.



Follow your faith and
accept challenges.



Continue to work and
keep financial
independence,
further gain a sense of
accomplishment.



Participate in
charity work
and make friends



Be thankful and
express gratitude

Using resources properly



★ When encounter difficulties, you can seek and consult with the doctor.

國健署更年期
保健免付費電話
080-000-517

安心專線
1925 (依舊愛我)

★ Other resources



國健署
更年期保健



台灣更年期
健康學會



更年期醫學會



更年期婦女
中醫養生
保健手冊



各縣市社區
心理衛生中心



心快活
心理健康
學習平台