

THE MENOPAUSE ROOM@HOME DIY KIT



WELCOME...

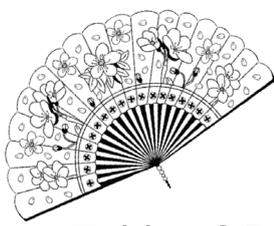


Table of Contents

Welcome.....	1
The Menopause Room@Home Overview	3
Why host The Menopause Room@Home	4
The Bigger Picture.....	5
The Benefits.....	7
Congratulations	8
Hostess With The Mostess	9
DIY Kit Details	10
Top Tips.....	11
Getting Ready	12
Your Itinerary	13
Invitation Example	14
Stretch Sets Images and Instructions	15
Menopause – A Quick Overview.....	17
Symptom Checker Overview.....	18
Symptom Checker List.....	19
A Short Menopause Tale	24
Get Creative.....	25
Colour Therapy – Fan Print-out	26
How To Fold Paper Fan.....	27
The Meno Zone Game Overview	28
Meno Zone Game Card Print-outs	29
Lucky Dip Overview.....	30
Lucky Dip Facts.....	31
Hot Flush Spray Recipe	38
Breathing Technique.....	39
Bonus Activity – Get Inspired.....	40
My Inspirational Thought Print-out Slips	41
Thank You For Coming Template.....	42
Don't Worry!.....	43
Ending Note	44
The Menopause Room Community Details.....	45

The Menopause Room @ Home

This 'Do-it-Yourself' Menopause Room@home Kit will help you to organise and create a supportive space, for you, your friends, family and your colleagues.

It's fun, it's informative and a great way to connect and bond with your fellow menopause comrades and enlighten the rest!

We all want to talk more about menopause, right?

But how do we do it? How do we get the conversation started? how can we learn more? How can we relax, destress and normalise this crazy journey we're all on? How can we benefit from each other's experiences in an informal way and also have a little fun, to keep our sanity levels in check?

You organise your very own Menopause Room@Home event, that's how.

It's the perfect excuse for a much needed 'get-together' with friends. Or a great way to educated family and work colleagues with factual based information.

It's simple to organise and the benefits will last throughout your whole menopause transition.

We are going to provide everything you need to get your menopause party started, and the best part is, you don't even have to leave home if you don't want to. Heck, you can even stay in your PJ's if you like!

Believe me, you will have more friends than you ever realised when you organise your own Menopause Room@Home event.

While we can't promise it will take your symptoms away, it will certainly make the whole transition a lot easier to deal with.



WHY HOST THE MENOPAUSE ROOM@HOME

It's more interactive, fun and interesting than reading a book!

If you follow our social media platforms, you will know how popular The Menopause Room is. We have been going for 8 years and it just keeps getting bigger and better.

We are always being asked to hold menopause events (which we do sometimes) or to help organise retreats, coffee mornings and get-togethers (which we don't!)

So, we thought we would do the next best thing and bring The Menopause Room to you. Now you can become part of our Menopause Movement, helping to connect this valuable community of women together, through your very own circle of friends and acquaintances.

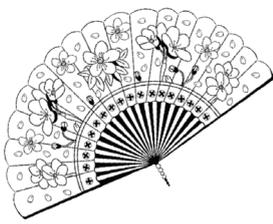
A DO-IT-YOURSELF
MENOPAUSE ROOM@HOME
EVENT IS TIME DEDICATED
TO UNDERSTANDING,
CONNECTING, SUPPORTING
AND SHARING MENOPAUSE
MOMENTS. TO LEARN FROM
ONE ANOTHER, TO BRING
AWARENESS TO FRIENDS,
FAMILY & WORK
COLLEAGUES AND SET A
PRECEDENCE FOR FUTURE
GENERATIONS OF WOMEN.

If you can open up a space in your home, or find a place at work (or even a larger venue, if you really want to make an impact!) you can be one of the very first women to offer a much needed Menopause Room@Home experience.

Just like you, most of the women you know are probably desperate to connect and relate their experiences. They probably feel lonely, lost and confused, as they continually try to make sense of things. They may feel like strangers in their own home, as family and friends struggle to understand what is happening to the woman they once knew. So, having the opportunity to be with likeminded women for a while, will certainly help boost morale and bring an air of normality to things.

This event will reaffirm they are not on their own and all the weird and wonderful symptoms they are experiencing beyond the hot flushes are quite normal!

And don't worry, you won't have a hard job convincing your friends and acquaintances to come along, they will be so eager to join you, that you will probably have to make it a regular event on your calendar.



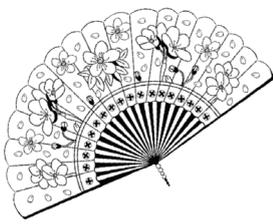
THE BIGGER PICTURE

We need to keep talking

IT IS SO IMPORTANT TO CHECK IN WITH OTHER MENOPAUSAL WOMEN AROUND US. MOST OF US WOULD APPRECIATE SOMEONE ASKING US IF WE'RE OK!

Sharing each other's experiences, supporting one another and connecting menopausal women, is the most effective way to start a worldwide movement in making menopause matter and to be understood by everyone.

We need to believe that this small part we are playing right here, right now, in bringing awareness to menopause by hosting a Menopause Room@Home event, will have an incredible roll on effect. We need to believe that we really can make a difference and having this fun learning event with friends and acquaintances, will ultimately lead to wider exposure.



As women begin to discuss menopause more and the word spreads about these events (no matter how small or large) everyone will begin to sit up and take notice and we will be heard.

Right now, you may not believe that you can make a difference to how society views menopause, but you can! Like many other frustrated women out there, you may be thinking who are we to shake up the outdated attitude that surrounds menopause, how do we make doctors, bosses, work colleagues, family and friends sit up and listen to us?

We want better medical advice, we want better working environments, we want better education on menopause, we want our family and friends to be supportive and above all else, WE want to understand it all, so we can make sense of what is happening to us.

Who are we? We are menopausal women that's who and together we can begin to make a difference to today's outdated views and policies on menopause, both for us and for tomorrow's generation of women. By talking about it, learning and spreading the word our united voice will be heard.

And you are doing your part in making this change happen by hosting a Menopause Room@Home event.

Thank you xx

THE BENEFITS OF HOSTING A MENOPAUSE ROOM@HOME EVENT

Your Menopause Room@Home event isn't just about bringing awareness to the world, it's about looking after yourself too and creating a space for your circle of friends who are all experiencing similar life changes.

Menopausal women are often running on empty, while surviving on minimal sleep. We are so busy working, looking after family members (including elderly parents and stropky teenagers!), as well as trying to deal with our own menopausal issues.

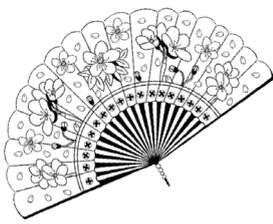
We forget we have needs too. We forget that if we don't support ourselves and make the changes this new phase of life requires, we risk damaging our health, losing our ability to enjoy life and to be there for family and friends.

A DIY Menopause Room@Home event refreshes one of the most crucial support systems for your family YOU!

There will be laughter, sometimes tears, sometimes both. Together, you will release the tension of all those days you thought you were the only one feeling like this.

This is your opportunity to make the time to spend 2 or 3 (or more) precious hours with your friends. Support each other, relax, rejuvenate and have some fun. Listen to each other and find comfort in the common ground you all share. Take strength from one another and rediscover that wonderful person you are!





CONGRATULATIONS

Do you know how brilliant you are for making this happen? Not just for all those lost menopause soles wandering around that you know and care about (or maybe you don't know that well yet!), but for you too...

Well, you probably don't. So, let us take a moment to tell you. You are wonderful and you're making a difference, right here, right now.

Imagining your Menopause Room@Home event is the first step.

Making it happen for you and your friends is the next step.

You are part of creating a better world for future generations of women.

Well done for helping to make this happen.

HOSTESS WITH THE MOSTESS

You'll provide the opportunity to connect (and the wine & nibbles, or delicious healthy snacks if you prefer!) This kit will provide everything else you need to host your own Menopause Room@Home get-together.

You'll provide:

- The venue & people! (your home probably, but this flexible DIY kits works equally well for larger venues and groups of people)
- A place to stretch a little, to eat, drink or make tea!
- An area to sit, discuss, learn and relax
- Craft items including colouring pens & paper
- Print outs from this kit
- Leaving gift (optional)

All you have to do is follow the plan

1. Choose a date
2. Get printing your DIY kit bits
3. Send out your invitations
4. Re-visit this guide so you know what's happening when and why
5. Have a great evening



YOUR KIT INCLUDES

- Invitation
- Inspiration
- Top Tips for organising your event
- Getting ready review
- Event Itinerary
- Info & Printouts: How To Stretch & Relax- visual instructions

Menopause overview

Symptom Checker

Therapeutic Colouring template (make into a hand fan)

Print & Play your fun Meno Zone game cards

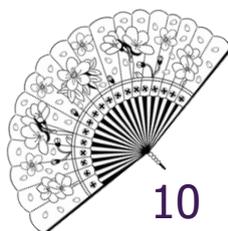
4-7-8 Breathing technique

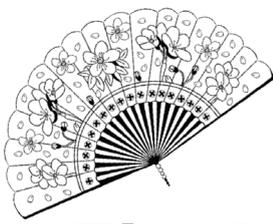
Menopause Lucky Dip Facts

Inspirational Quotes (Bonus activity)

Hot Flush Spray recipe and directions (It's quite a nice idea to make up small bottles of our Hot Flush Spray to give to your guests as they leave, (but this is entirely up to you)

Thank you Scroll (which includes Hot Flush Spray recipe.)





The Menopause Room@Home

Top Tips For A Successful Menopause Event

Do What You Need

Do as much or as little as you want. You can make the Hot Flush Spray and tie a ribbon around it for each guest. Go for a healthy theme, with herbal teas or infused water and nourishing little nibbles. Or get in the balloons & bubbly and prizes and go full out! Alternatively, you may want to keep it simple, with just one or two activities, and that's absolutely fine too. Plan your event on what you are comfortable with and what you think your friends would enjoy most.

Set The Scene

Candles and fresh flowers are always a nice touch and will bring a relaxing ambiance to the room, helping your friends to de-stress and get in the mood for some menopause malarkey.

Listen and Learn

There is no better way to feel connected and supported than by listening to how your friends are feeling. Many women can feel lonely and completely isolated in their own family unit during menopause and will welcome the opportunity to share their thoughts and feelings with no judgement or criticism, just kind understanding from like-minded women.

Shhh...

This circle of friends is about trust and understanding, so anything personal that is shared is confidential.

Believe in yourself and each other

You need to believe things will work out fine and that your menopause will get better and you will feel good again.

Have a wonderful event and however it goes, remember, you are part of making this more of a menopause friendly world!

GETTING READY

Menopause Room@Home

Read through the kit

Familiarise yourself with the information

Gather together your craft materials

Paper, coloured pens, scissors, bag/jar for lucky dip

Buy any food and drinks

If you're supplying food and drinks, think about what you're going to offer and do a supermarket run

Print your DIY Kit Bits to use & share

Invitation

Inspirational tips (bonus activity)

Adult Colouring pages

Menopause Lucky Dip Facts Slips

Meno Zone Cards

Menopause Symptom Checker

Thank you scroll

Make up your Hot Flush Spray

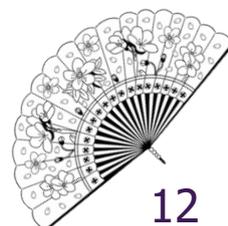
If you're making the Hot Flush spray, buy ingredients, make up in advance, bottle and keep in fridge (and don't forget to give it out as friends leave!)

Create a space

An area where your friends can stretch and sit and join in with the activities you have planned

Congratulate yourself

for making this ACTUALLY happen. Look around the room and remind yourself how amazing you are and how grateful your friends will be for bringing them together to discuss such an important part of their daily 'misunderstood' life

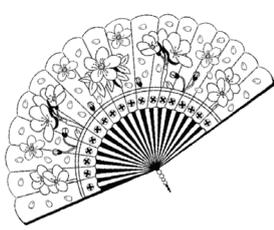


YOUR ITINERARY

The great thing about hosting The Menopause Room@Home is it can happen in the morning, afternoon, evening, weekday or weekend. Whatever suits you and your friends. You can do things the way we have suggested here or tweak it, so it suits you. You don't have to include all the activities either, you may just want to pick the things that fit in with your time schedule. Do it your way and have fun.

The Event Line Up

- Serve welcome drinks upon arrival (and ask people to write their inspirational tip to read out later, if you're doing this bonus activity)
- Explain the line-up of the evening events
- Start with the simple stretches you have in your DIY kit to help everyone relax
- Ask everyone if they know whether they are peri or post menopause
- Explain the difference from your Quick Menopause Overview guide in your kit
- Read out all the symptoms from the Symptom Checker print out in your kit and check them off one by one as your guests relate to them
- (Check everyone is ok for drinks)
- Spend some therapeutic time colouring in your fan print outs. This is a great way to destress and enjoy some time discussing how long everyone has been having symptoms for and what they find the worst.
- (If you're serving nibbles this may be a good time to pass them around and refresh drinks)
- Spend as much time as you have or need doing this, it will vary for each event. (you can now fold your coloured in fan, into an actual fan to keep you cool during the rest of the event, see instructions in your kit)
- When you feel it is naturally time to move on, have some fun with the Meno Zone card game. (make sure you're being the perfect hostess and check everyone's drink and refresh the nibbles)
- After that activity, pass the Menopause Facts lucky dip bag around and spend some time learning interesting facts. (with option of giving prize to winner)
- Now begin to wind down your event with the calming 4-7-8 breathing technique, this will help everyone to centre themselves and be mindful of the incredible time they have had in each other's company. (now is a good time to read out inspirational slips too, if you're doing this activity)
- As people say their goodbyes, hand them your Thank you scrolls (and hot flush spray if making)



INVITATION EXAMPLE

MENOPAUSE@HOME

Dear

Come on over for some
menopause bonding time, it
will be fun! And I've been
given some great
information to share

WHEN:

WHERE:

.....

Love

PLEASE COME!

STRETCH SETS



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM

Set 1

Head Left
Head Centre
Head Right
Head Centre



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM

Set 2

Head Up
Head Centre
Head Down
Head Centre



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM

Set 3

Head To Left
Shoulder
Head Centre
Head To Right
Shoulder
Head Centre



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM

Set 4

Head To Left
Shoulder
Rotate Head To
Right Shoulder
Reverse
Head To Centre



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM

Set 5

Raise Left Shoulder To Ear
Shoulder Down
Raise Right Shoulder To Ear
Shoulder Down



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM

Set 6

Rotate Right Shoulder Backwards x5
Rotate Left Shoulder Backwards x5
Rotate Both Shoulders Backwards x5



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM



©THE MENOPAUSE ROOM

Set 7

Raise Both Arms Above Head
Reach Left Arm Towards Ceiling x3 Reaches
Reach Right Arms Towards Ceiling x3 Reaches
Both Arms Down

Menopause – A Quick Overview

(Still having periods = Peri Menopause)

(No period for 12 months = Post Menopause)

Find out if your guests are Peri or Post Menopause. If they don't know, this quick overview will help you explain it to them).

Stages of Menopause

1. Peri Menopause (still having periods) - Begins when hormones start to decline. Most women notice symptoms from early to mid-40's.

However, hormones do begin their slow decline about 10 years earlier (from early to mid-30's), though most women would not connect any symptoms to menopause at this young age, unless they are experiencing an early menopause. Hot flushes or changes in your menstrual cycle are usually the first indication that you have entered peri menopause, though this may not be the case for every woman.

Remember, you are still fertile during peri menopause, no matter how irregular your periods are. You can still become pregnant, so you must carry on taking precautions.

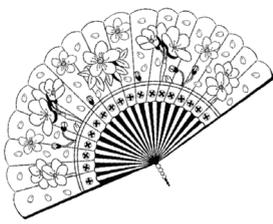
3 in every 4 women will experience menopause symptoms and they will vary in intensity and severity from one woman to the next – You may only experience one or two symptoms for a short period of time, or you may be unfortunate and get the full house!

You will remain in peri menopause until your periods have completely stopped.

2. Menopause (for 24 hours only) – The average age to reach menopause is 51/52 and is confirmed when you have gone 12 consecutive months without a period (or 24 months if under 50).

3. Post menopause (periods have stopped) – 24 hours after menopause is confirmed you will enter the post menopause cycle, a cycle you will now stay in for the rest of your life. Your hormones are at an all-time low and will not increase again naturally. You are now no longer fertile. Symptoms will eventually calm down, but do not expect this to happen straight away, they may go on for several years.

Any post-menopausal bleeding should be checked by a doctor.



Beyond the Hot Flush...

MENOPAUSE SYMPTOM CHECKER

How many symptoms do you have?

Print out the list of symptoms and tick them off one by one as you read them out and find out who has what.

Listen for the Oooo's and Ahhh's and 'I didn't know that was connected to menopause' comments.

Some women worry that they may be suffering from a serious disease and have no idea their symptoms may be connected to hormone loss. So, hearing this will be a relief.

I'm sure many of your guests will be surprised too, as many of these symptoms go way beyond the hot flushes and night sweats and have not been typically associated with menopause, mainly due to lack of knowledge.

While these symptoms are very real changes and conditions caused by hormone fluctuations and decline during menopause, it is unlikely that any woman will experience all these symptoms. However, it is important to speak to a doctor if any symptoms are causing you concern.

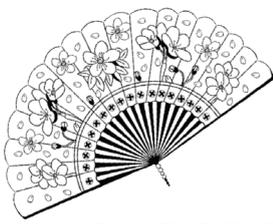
<input type="checkbox"/>	Change in Menstrual Cycle	Cycles may get closer together or further apart. Periods can become shorter, longer, heavier or lighter. Clotting may also happen.
<input type="checkbox"/>	Menstrual Flooding	Can come on with sudden onset and feel like you may haemorrhage to death.
<input type="checkbox"/>	Headaches/ Migraines	May be more frequent during peri menopause.
<input type="checkbox"/>	Decreased Motor Coordination	Clumsiness is apparent in many menopausal women.
<input type="checkbox"/>	Physical Exhaustion & Crushing/ Crashing Fatigue	Can come on so suddenly and grip you into feeling like you will collapse unless you stop this instant.
<input type="checkbox"/>	Exacerbation of any Chronic Illness or Existing Condition	You may find existing conditions intensify.
<input type="checkbox"/>	Insomnia	This includes difficulty falling asleep or the inability to return to sleep.
<input type="checkbox"/>	Sleep Disturbances	Caused sometimes by nightmares, night sweats, or just a vague sense of restlessness keeping you up or disrupting your precious sleep.
<input type="checkbox"/>	Night Sweats	Can be a real sleep stealer, especially if followed by damp or sweat drenched chills.
<input type="checkbox"/>	Muscle Cramps	Can occur anywhere in the body from legs to back to neck, and sometimes reflects the need for more calcium, or magnesium, or that your progesterone levels are too low.
<input type="checkbox"/>	Low Backache	Often worsens before or during periods when in peri menopause, but when your hormones remain at low levels, you can experience it on a regular basis.

<input type="checkbox"/>	Gall Bladder Symptoms	Pain, spasms and discomfort felt in the right upper abdominal area under the ribs, which may be accompanied by belching, bloating, and intolerance to certain foods, caused by ineffective bile break down due to low oestrogen.
<input type="checkbox"/>	Frequent Urination	Or sensations that mimic urinary infections.
<input type="checkbox"/>	Urinary Incontinence	The uncontrollable and spontaneous loss of urine can occur suddenly or feel continuous, and not only in response to coughing, sneezing, jumping or running.
<input type="checkbox"/>	Hypoglycaemia	Happens when your blood sugar suddenly crashes and you must have food now.
<input type="checkbox"/>	Food Cravings	Often for sweets or salty foods but can include sour or pungent foods.
<input type="checkbox"/>	Increased Appetite	Especially at night and after dinner. Contributes to that unwanted weight gain.
<input type="checkbox"/>	Dark Circles Under Eyes	Can also be caused by adrenal exhaustion and thyroid dysfunctions.
<input type="checkbox"/>	Joint and Muscle Pain	Achy, Sore Joints, Muscles and Tendons.
<input type="checkbox"/>	Increased Tension in Muscles	Usually in shoulders, neck and lower back.
<input type="checkbox"/>	Increased Hair Loss	Or thinning anywhere on body, including your head, armpits and pubic area.
<input type="checkbox"/>	Increase in Facial Hair	Especially under your chin, or along your jaw line.
<input type="checkbox"/>	Unusually Hair Growth	Around Nipples, between breasts, down your back, places where your hair was finer.
<input type="checkbox"/>	Acne	Can be quite disturbing to get spots and acne at this stage of life.
<input type="checkbox"/>	Infertility	Which can cause grief especially in early menopause, or for women who postponed pregnancy.

<input type="checkbox"/>	Loss of Breast Tissue	This begins with the decrease of hormone production.
<input type="checkbox"/>	Breast Soreness/ Tenderness/ Pain/ Engorgement and swelling	Occurs particularly in peri menopause, a few days before bleeding actually begins.
<input type="checkbox"/>	Painful or tender nipples	Suggests oestrogen excess.
<input type="checkbox"/>	Cold Extremities	Cold fingers and toes can feel quite strange especially in the presence of a hot flush.
<input type="checkbox"/>	Accident Prone	Bumping into things and not even realising it until the bruise reveals itself later and then not remembering how you got it!
<input type="checkbox"/>	Hot flushes/ flushes	The hallmark of menopause with over 75% of women experiencing them.
<input type="checkbox"/>	Night Sweats	Same as hot flushes only at night!
<input type="checkbox"/>	Loss of libido	A gradual or sudden disinterest in sex, which can develop into an actual aversion.
<input type="checkbox"/>	Painful Sex	Soreness and feelings of abrasion during intercourse.
<input type="checkbox"/>	Vaginal Dryness	Irritation and itching sometimes accompanied by a discharge.
<input type="checkbox"/>	Dizziness	Feeling lightheaded and the loss of physical balance or deepening into vertigo or feeling faint.
<input type="checkbox"/>	 ringing in the Ears	Tinnitus, can be experienced as a buzzing, ringing or pulsing sensation.
<input type="checkbox"/>	Abdominal Bloating	Comes on suddenly often after eating or seems to be all the time.
<input type="checkbox"/>	Weight Gain	Disturbs most women, as waist thickens, and weight is harder to lose.
<input type="checkbox"/>	Fluid Retention (Edema)	Swelling can occur in the legs and ankles, though not limited to this area.
<input type="checkbox"/>	Palpitations	Can come on suddenly, without warning. They can be very frightening and leave you wondering if you're having a heart attack.

<input type="checkbox"/>	Irregularities in Heart Rate	Can feel more like your heart has just done a flip-flop or skipped a beat.
<input type="checkbox"/>	Constipation/ Diarrhoea	Can be intermittent or alternating.
<input type="checkbox"/>	Thrush (Candidiasis)	Can increase, even if you have no prior known history.
<input type="checkbox"/>	Gastrointestinal Distress	Increased flatulence, trapped wind, indigestion and nausea.
<input type="checkbox"/>	Slow Digestion	Take longer for food to be digested.
<input type="checkbox"/>	Lack of Appetite	Appetite can diminish during menopause.
<input type="checkbox"/>	Changes in Body Odour	Can cause embarrassment.
<input type="checkbox"/>	Puffy Eyes	Sluggish lymphatic flow and possibly caused by hormone imbalance.
<input type="checkbox"/>	Flare up of Arthritis	May worsen with hormone imbalance and increased sugar intake.
<input type="checkbox"/>	Loss of Bone Density/ Osteoporosis	Triggered by the decline of hormone production.
<input type="checkbox"/>	Skin ageing	Skin health rapidly declines without oestrogen.
<input type="checkbox"/>	Weak Fingernails	Breakage, bending, cracking and getting softer.
<input type="checkbox"/>	Itchy, Crawly Skin (Formication)	A strange sensation, like insects crawling around under the skin.
<input type="checkbox"/>	Loss of Muscle tone	Muscles seem slack and sag and lose previous response to normal exercise.
<input type="checkbox"/>	Pelvic Pain	Can become prominent during post menopause and may feel continuous for some women.
<input type="checkbox"/>	Dry, Itchy Eyes	Deep itching of the eye socket, as well as around the outer eye and eyelids.
<input type="checkbox"/>	Teeth & Gums	Sensitivity and receding or bleeding gums.
<input type="checkbox"/>	Burning Tongue	Can also including a change in breath odour and/or and bad taste in your mouth.
<input type="checkbox"/>	Memory Loss	Or lapses in time. Why did you walk in that room again!
<input type="checkbox"/>	Forgetfulness	Where are my keys, phone, glasses....

<input type="checkbox"/>	Tingling in Extremities	Or pins and needles. This can also be a symptom of B12, potassium or calcium deficiency.
<input type="checkbox"/>	Buzzing or Sensation of Electric Shock	Weird sensation and may signal you're about to have a hot flush.
<input type="checkbox"/>	Increase and worsening of Allergies	You may see a reoccurrence of childhood allergies, or even develop new ones.
<input type="checkbox"/>	Restless Legs	Usually occurs at night.
<input type="checkbox"/>	Heightened sense of smell	It's not unusual for sense of smell to intensify, or to experience strong aromas such as petrol, bleach etc.
<input type="checkbox"/>	Loss of confidence	Comes as a surprise to many.
<input type="checkbox"/>	Low moods	Can be more intense than the normal low moods you experience.
<input type="checkbox"/>	Depression	If low moods last, then it could be a sign of depression. Seek help for this.
<input type="checkbox"/>	Feeling alone & lack of understanding	This can isolate you and you may find yourself withdrawing.
<input type="checkbox"/>	Feeling Antisocial	You may no longer be the social butterfly and prefer to spend time in your own company (even though you may still want the invite!)
<input type="checkbox"/>	Lack of motivation	No desire to do anything. Menopause has stolen your mojo.
<input type="checkbox"/>	Short temper/ irritable	Lack of tolerance.
<input type="checkbox"/>	Anxiety/worry	Worry unnecessarily about things. Even past events may come back to haunt you.
<input type="checkbox"/>	Feeling invisible	Feeling overlooked or not appreciated whether at work, home or socially.



A SHORT MENOPAUSE TALE

If Only We Had Known...

Someone should have told us that you need to enter this stage of life fighting fit with no extra weight, and healthy habits already established and instilled. That kids should be grown and gone, and a plan worked out for elderly parents.

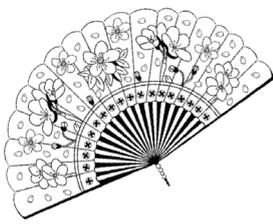
That, if you're still married, he should be educated for what's coming and have his own survival plan worked out.

That you should prepare to go into the menopause cycle of life with a clean, organised home, with all the useless things you have accumulated over the years gone, because doing housework will now be low on your priority list.

That you should be financially prepared, as you will no longer want to go to work because you can't function on 3 hours sleep a night, or have any energy to operate efficiently - so you must plan for unproductive days at home.

Your friends and family must be warned that you are no longer the social butterfly you once were, and you will insist on being left alone to watch TV or read or sleep.

So, don't ask us to cook, clean, help you out or volunteer for anything...just bring us wine and chocolate and let us go into hibernation mode for a while!



TIME TO GET CREATIVE

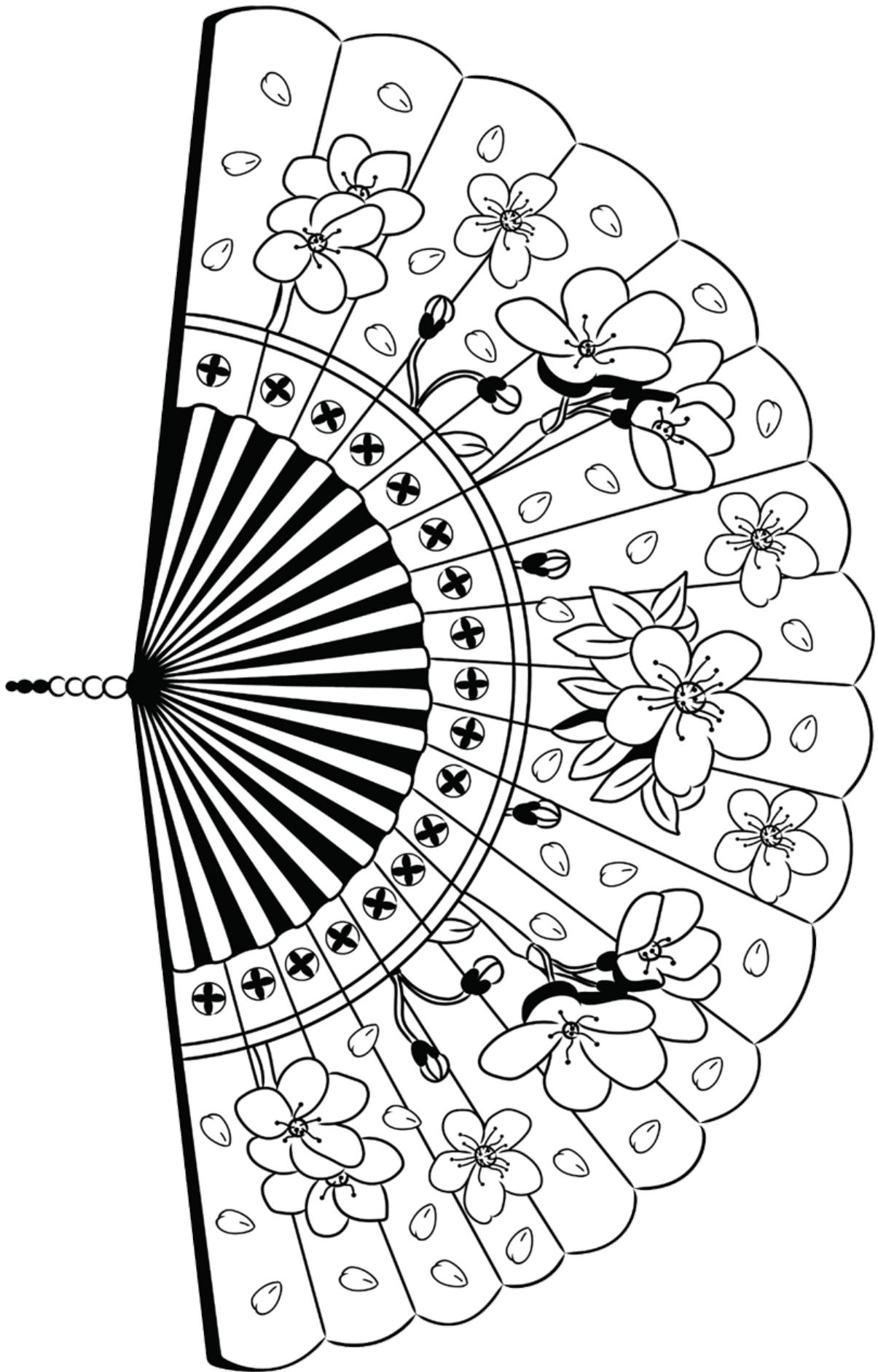
Taking time out to relax and destress with a great group of friends is one of the best things you can do to nourish your soul.

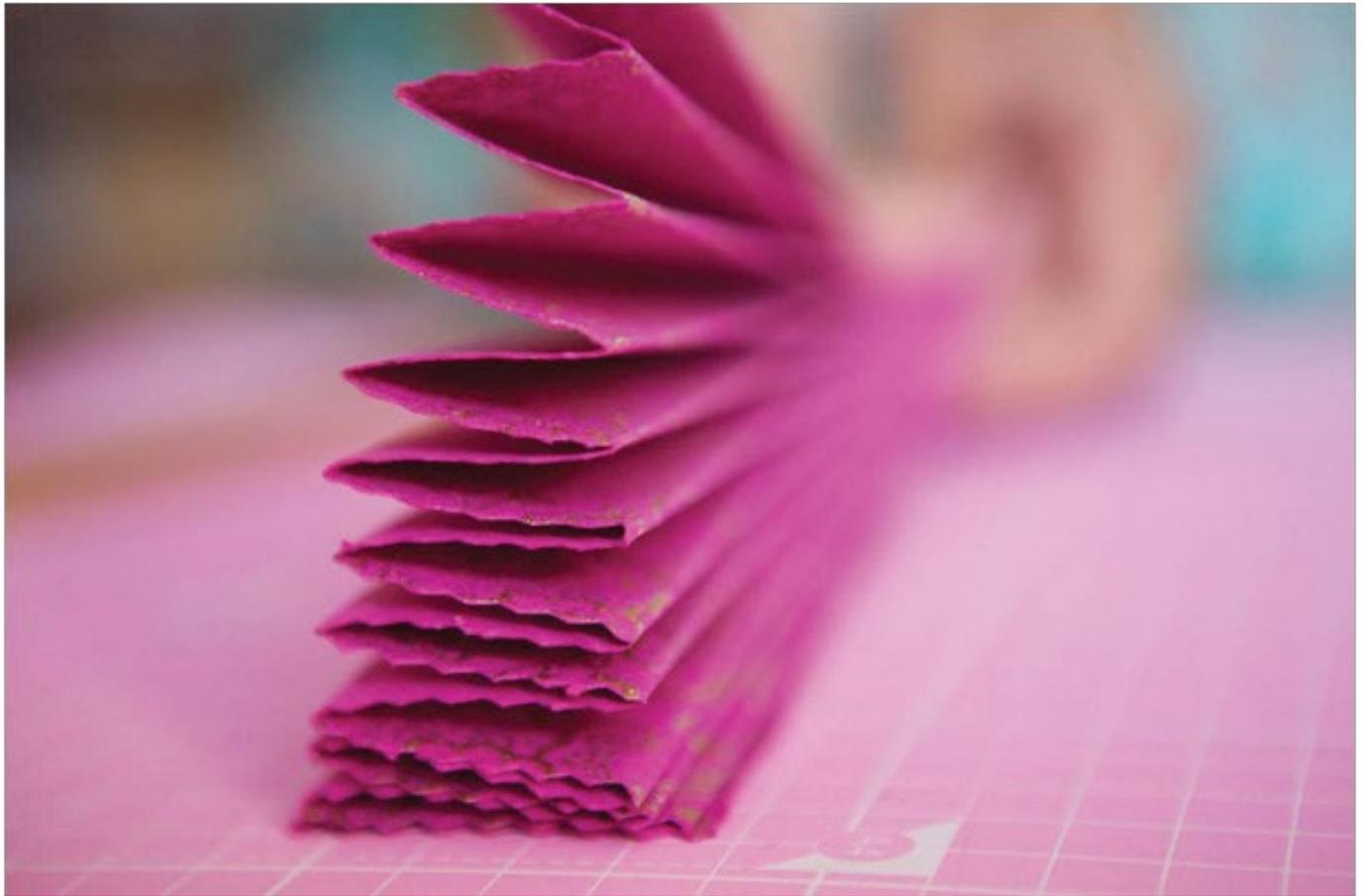
This little activity of adult colouring is both therapeutic and calming.

Take time to colour, chat and connect with those special people around you, who you have so much in common with.

As you are colouring, take the opportunity to discuss your deeper menopause concerns in this relaxing atmosphere, or try asking each other some of the questions below and see what comes up. Take time to think a little and digest what others are saying (these questions are optional, they are just a few suggestions that you may like to include):

- What was the thing you like most about yourself before your menopause journey began?
- What don't you like about yourself now?
- How do you think your friends and family would describe you today?
- How would you like them to describe you?
- What title would you give the film or book of your life?
- What's the unkindest thing you tell yourself?
- What would you like to be able to believe about yourself?
- What could you do tomorrow that would help you to believe that?
- What's the best compliment you've ever received?
- What's the best compliment you've ever given?





Make Your Paper Fan

Once the therapeutic colouring session has finished, it's fun to fold the paper into a fan, which may come in useful throughout the rest of the event.

(Simply fold the paper to and forth to create the fan effect)



INTO THE MENO ZONE

A great way to have some fun and understand each other's menopause journey a little more.

Basic Rules

Print out a Meno Zone card for each guest from the template in your pack.

Ask them to doodle a little image of themselves and choose a suitable menopause name which sums up how they're feeling, (see example). Then, swap cards around and write up each other's categories and scores (scores must total 100 so chose what you think may be relevant for them). Compare what you've made and discuss each other's menopause ups and downs.



The example card features a pink star in the top left corner and a cartoon drawing of a woman with blonde hair, purple eyes, and pink lips. Below the drawing, the card is titled 'MENO NAME: SLEEPY SUE'. It contains a table with five rows of categories and scores, and a final row for the total score.

TOP SYMPTOM	Hot Flush	40
NEED MORE	Sleep	20
WANT LESS	Fat	10
ME TIME	Reading	20
ANNOYANCES	Losing phone	10
TOTAL		100

EXAMPLE

MENONAME

TOP SYMPTOM	
NEED MORE	
WANT LESS	
ME TIME	
ANNOYANCES	
TOTAL	

MENONAME

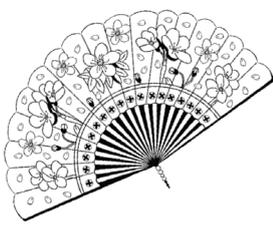
TOP SYMPTOM	
NEED MORE	
WANT LESS	
ME TIME	
ANNOYANCES	
TOTAL	

MENONAME

TOP SYMPTOM	
NEED MORE	
WANT LESS	
ME TIME	
ANNOYANCES	
TOTAL	

MENONAME

TOP SYMPTOM	
NEED MORE	
WANT LESS	
ME TIME	
ANNOYANCES	
TOTAL	



Menopause Lucky Dip Facts

32 very interesting factual based tips to print off.

Cut facts into slips and put in a bag/jar. One fact slip is taken by each player in turns. Players read out their fact to the group and hold on to the slip until the container is empty.

If you want to make this more fun, you can write a value for each fact on the slip. The person with the highest score at the end is the winner, who you can reward with a small gift, but this is entirely up to you.

Menopause Fact Categories:

- Menopause Info – x8
- Symptoms – x8
- Diet – x5
- Exercise – x6
- Self-care – x5

MENOPAUSE INFO

The average age to reach menopause is 51/52 and is confirmed when you have gone 12 consecutive months without a period (or 24 months if under 50) Any bleeding at all during this time, no matter how light, will mean the counting starts over!

Peri menopause begins when hormones start to decline. Most women notice symptoms from early to mid-40's. Hot flushes or changes in your menstrual cycle are early indications you're in peri-menopause.

Post menopause immediately follows menopause. You will now remain in this cycle for the rest of your life. Hormones are now at an all-time low and you are no longer fertile. Symptoms will eventually calm down, but do not expect this to happen straight away, they may go on for several years!

HRT (hormone replacement therapy) does not delay or stop menopause. It can give relief from symptoms while taking it. It does not make your menopause last any longer.

It is not necessary to see a doctor to confirm menopause and blood tests are unreliable as fluctuating hormones give false results. Be guided by your age and your symptoms. However, do speak to your doctor if you are concerned, or symptoms are affecting you.

Baby girls are born with 1-2 million immature eggs already in their ovaries and will never produce anymore in their lifetime. The eggs decline throughout the course of life. When you reach menopause, you have no eggs left.

Oestrogen is not just one hormone, it's a group of three. Oestradiol is the most dominant oestrogen before menopause. Oestrone is less potent and is produced in adipose tissue and the adrenal glands, as well as the ovaries. Oestriol is prominent during pregnancy. Oestradiol is the oestrogen used in HRT.

Oestrogen and Progesterone are made from cholesterol in the ovaries and adrenal glands. These hormones affect all parts of the body, including the brain, bones, digestion, circulation, nerves, muscles and the immune system. Which is why so many symptoms can be attributes to menopause as the body withdraws from these vital hormones.

SYMPTOMS

Hot flushes are the hallmark of menopause with over 75% of women experiencing them. They happen when the body's thermostat gets confused due to hormone fluctuations.

Top 10 menopause symptoms are: Irregular periods, hot flushes & night sweats, sleep disturbances, memory & concentration problems, low moods, anxiety, heart palpitations, aching joints & muscles, dryness, headaches/migraines.

Bone and Heart health are the main concerns in post menopause, as we continue to live without the beneficial effects of oestrogen. It is important to exercise most days and eat healthy. Make sure you include plenty of calcium in your diet, along with magnesium, vitamin D and K for proper absorption.

Aching joints and sore muscles are a result of declining oestrogen. HRT can help. Or natural supplements including glucosamine, chondroitin or SAM-e may offer relief. Increase omega 3's in your diet and include turmeric to reduce inflammation. Swimming and aqua aerobics are a good choice if you find exercise painful.

Continuous lack of sleep exaggerates other menopause symptoms. Fluctuating hormones disrupt our natural circadian rhythm. Night sweats, anxiety, loo calls, all add to use being sleep deprived. Progesterone is the calming, soothing hormone, discuss this with your doctor. Increase progesterone naturally with vitex supplements, eat more cruciferous veg. beans, kale and nuts. Use magnesium to help you feel calm & relaxed.

Dry, wrinkled, itchy skin is caused by oestrogen loss. This hormone is responsible for building collagen, which keeps skin firm and smooth. 30% of collagen is lost during the first 5 years of menopause! For best results use products formulated especially for menopausal skin, such as the Phytomone brand.

Menopause symptoms do not stop immediately on reaching post menopause. Don't be surprised if you are still experiencing some symptoms several years on. While the severity will decrease, it is important to maintain a healthy, active life.

Weight Gain is a common complaint – Falling oestrogen can alter the way we store fat and change our body shape. Our metabolism slows down, making it harder to burn calories. Fat cells also produce small amounts of oestrogen, which the body is desperate to hold on to. Top Tips = exercise daily, eat healthy, reduce portion sizes and be consistent.

DIET

Declining hormone levels can cause your body to stop producing lactase, the digestive enzyme necessary for the breakdown of lactose in dairy products. This can result in bloating, trapped wind, stomach cramps and diarrhoea. Try cutting out dairy to see if this helps or take a lactase supplement.

Declining hormones cause fat to accumulate around your mid-section, rather than hips and thighs. The upside is, your legs may look slimmer, but your waist thickens. While you may not regain that hourglass shape again, you can keep it in check by eating healthy and exercising.

The average daily calorie intake for a 50-year-old woman is 1600 calories but varies depending on lifestyle and activity level. If you're looking to lose weight you need to reduce your calorie intake by 500 per day to lose 1 pound in a week. 1lb of fat=3,500 calories.

Most of us eat more than we need. We seem to equate good value with a plate over-laden with food, rather than good quality. We do not need to over burden our digestive system. Try using smaller plates so that your portion sizes still look appealing, but your calorie intake could be up to 25% less.

We know water is important in our diet and we should all be drinking 6-8 glasses per day. But you will stay hydrated for longer if you add a pinch of Himalayan salt to some of your drinking water throughout the day. Sodium is a critical electrolyte that helps to deliver water to your cells. Alternatively swap some of your daily water for coconut water, which is naturally high in beneficial electrolytes, including sodium, potassium, calcium and magnesium.

EXERCISE

Heart and bone health are the main cause of concern in post menopause years as we live without the beneficial effects of oestrogen.

Aim to do some form of exercise most days, even if it's only a brisk 20-minute walk, or a run up and down the stairs a few times. Anything that gets the heart pumping and you out of breath will be beneficial.

Your weekly exercise routine should include aerobic exercises for heart health, resistance exercises for muscle and bone health, stretching and balancing exercises for flexibility and coordination. For maximum effects, try and incorporate HIITs (high intensity interval training) into your routine too.

Speak to a fitness instructor to get an exercise programme in place to suit your needs and your fitness level. We should not be working out the same as a 20-year-old, our body requires more attention in some areas and less in others. For example, The Plank is a great core strength exercise, but if you are suffering with bladder or pelvic floor problems caused by loss of oestrogen, this can be a dangerous exercise to do and it should be modified, or not done at all!

Give your hands and wrists a mini workout. Make a tight fist, hold for 5 seconds and then slowly open, stretching your fingers and thumbs out as far as you can. Now stretch your thumb over towards your small finger and then back in the opposite direction. Repeat regularly.

Face exercise are a great way of releasing some tension and toning the muscles. Try these three quick tips. (1) Look up to the ceiling and try to kiss it! Repeat 5 times. (2) Purse lips move to the right, and then to the left, Repeat 10 times. (3) Put index finger in mouth and suck as hard as you can. Hold for 5 seconds. Repeat 5 times.

Brain exercises should be done every day to keep those menopausal 'spacey' moments at bay. Take time to do a puzzle, such as a crossword or logic puzzle. Learn something new, take up a new hobby or revisit an old one. Get into the habit of journal writing. Play card games or board games. Spend some time with your memories, look at old photo albums and let your mind reflect on them as it takes you back to that place in time.



SELF CARE

Self-care isn't selfish. You have been there for everyone else for so long that you have probably forgotten how to put your own needs first. Prioritise yourself and take care of yourself as well as you do everyone else. Say no more often and don't feel guilty. It may feel strange at first, but it will grow on you! Start by having at least one event on the calendar each week to look forward to. It's essential to have this me-time to help you adjust to your changing needs.



Make a promise to yourself to learn meditation and practice most days for at least 10 minutes (if you don't already) Meditation can save your sanity during menopause. It affects the body in exactly the opposite way that stress does, restoring a calm state and helping the body repair itself. Get into the habit, you won't regret it.

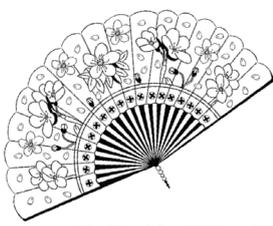


Psychological symptoms during menopause can be worse than the physical ones sometimes and Cognitive Behaviour Therapy (CBT) can be incredibly helpful. This non-medical approach focuses on modifying negative thought patterns and behaviours. It can be helpful for anxiety, stress, depressed moods, sleep problems and fatigue.



While we all seem to love spending more time on our own in the comfort of our home, it really is soul nourishing to make the effort to meet up with friends, (like being here right now!) It's great to connect and have a network of friends that understand. Supporting each other and sharing experiences really can be the best type of therapy sometimes.

It can be difficult to try and explain to your loved ones, friends and work colleagues what is happening to you exactly, especially when you don't understand yourself. It's important to keep the communication lines open, to explain how you feel and the effects menopause is having on you and to ask them for their support and understanding. We need to talk more about menopause to bring awareness to it, which is exactly what this event is about. Together we can change the stigma attached to menopause and we are the ones who will make the difference for future generations. Something we should all feel very proud of.



HOT FLUSH SPRAY

Recipe

(Optional 'Thank You' for coming gift)

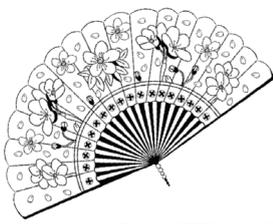


Recipe (2oz Bottle)

2 Tbsp witch hazel – astringent that is cooling and great for skin
2 Tbsp distilled water – dilutes the witch hazel,
4 drops peppermint essential oil – powerful natural cooling properties
4 drop geranium or lavender essential oil – soothing & calming for skin, plus smells great
1 2oz Spray Bottle

1. pour distilled water & witch hazel into a small 2 oz. spray bottle
2. add 4 drops each of peppermint and geranium/lavender essential oils
3. put on the spray top and shake well to combine

Spray on the back of neck and chest to cool down.
I recommend keeping spray in the refrigerator for extra cooling power – it feels even better going on when you get the double hit of the cold spray plus the cooling powers of the witch hazel and peppermint.



4-7-8 BREATHING TECHNIQUE



The 4-7-8 breathing technique, also known as “relaxing breath,” involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.

As your event draws to a close, ask your friends to sit comfortably, close their eyes and clear their minds as you practice this technique together.

This breathing pattern will help to maintain the calm, relaxing mood as your friends prepare to leave your menopause soiree.

This deep rhythmic breathing can also help ease you to sleep, so make sure you pass the tip on as they say their goodbyes.

GET INSPIRED

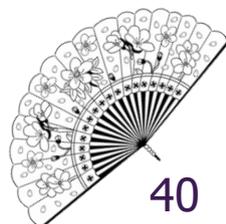
(Bonus Activity)

Why not get inspired and think about some of the positive things you're experiencing during menopause (Yes, I can see that look of blankness on your face right now!) But think about it for a while, dig deep and come up with a little something inspiring, that will hopefully lift the spirits of the rest of your group too. It doesn't have to be connected to menopause, or be too serious, just a little something that is helping you through, or leaves you with that feel-good factor.

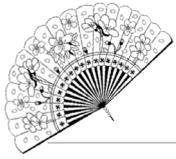
Ask your guests to write their little messages of inspiration on the printouts included in your kit and pop them away in a box to read out later (you decide if you want your message to remain anonymous or not).

There are no limitations to what you write, – it could be a song, a quote, a poem, a joke or a picture – anything that means something special to you and motivates or inspires you when you're having a bad menopause day.

Struggling to find inspiration in the first place? Don't overthink it, just go with the first thing that comes to mind.



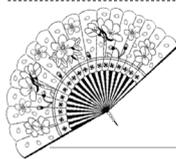
INSPIRATION SLIPS



My Inspirational Thought



My Inspirational Thought



My Inspirational Thought

Dear

Thank you so much for coming along to my little menopause soiree and helping to make it a success.

It was great to be able to catch up and connect with everyone. I don't know about you, but I feel so much better for sharing things – Talking of which, I thought you might like to try this recipe for a homemade Hot Flush Spray.

Recipe

(2oz Bottle)

2 Tbsp witch hazel – astringent that is cooling and great for skin

2 Tbsp distilled water – dilutes the witch hazel,

4 drops peppermint essential oil – powerful natural cooling properties

4 drop geranium or lavender essential oil – soothing & calming for skin, plus smells great

1 2oz Spray Bottle

1. pour **distilled water & witch hazel** into a small 2 oz. spray bottle

2. add **4 drops each of peppermint and geranium/lavender essential oils**

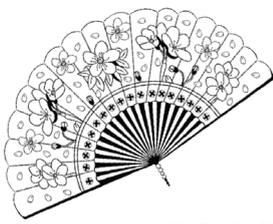
3. put on the spray top and **shake well to combine**

Spray on the back of neck and chest to cool down.

I recommend keeping spray in the refrigerator for extra cooling power – it feels even better going on when you get the double hit of the cold spray plus the cooling powers of the witch hazel and peppermint.

Thanks again for coming long, let's do it again soon!

Lots of love



WORRIED IT WON'T WORK OUT?

If this is not something you're used to organising, or if you feel a little apprehensive about holding your @Home event, don't worry, it's quite normal. But I promise you, so many women will be grateful that you have organised something like this, they will be beating a path to your door to come along to chat and learn about menopause in an informal setting.

But don't just take my word for it...

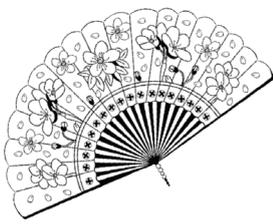
'The Menopause Room@Home event gave me the opportunity to be me! Being in a group of women who share the challenging role of being menopausal felt safe, and that encouraged me to think and talk more openly about the ups and downs of my life. The event also gave me the rare chance to be creative and to get in touch with myself again, to remember how good it felt to put myself first. I left the event feeling stronger and more confident. I would wholeheartedly recommend it to any menopausal woman. (Hannah)'

'As a working menopausal woman, I rarely let myself stop and take time out for me. I'm either working or exhausted most of the time. It was wonderful to give myself that little gift of space. I loved connecting with other supportive menopausal women, instead of spending the evening in my own little bubble. I left feeling inspired and rejuvenated. (Jackie)'

'I've been to a few @Home events and also hosted a couple myself. Each time I come away feeling much more connected with myself and able to see clearly the road ahead. It feels great to share such precious moments with likeminded women and I'm sure it makes us all stronger. (Claire)'

'The @Home event I went to was a perfect balance of fun, relaxation and learning. I never knew so many symptoms were connected to menopause. It was very reassuring to know other women were feeling the same and it led to some very valuable insights. I loved doing the creative stuff, that I would never normally fit into my day. Came away feeling joyful and normal! (Petra)'

'The @Home event was immediately a very honest space to expose my vulnerabilities and lack of understanding about menopause that I'd been harbouring on my own. Exposed in the group, I could forgive myself as I realised, we were all feeling the same things. Creating this space is genius and essential maintenance for all menopausal women. The event was empowering and a giggle all at once. (Victoria)'



That's a wrap – Ending note

That it, it's time to get a plan in action for your little (or large) menopause get-together.

You have everything you need to get things organised, so put a date on the calendar and start making some lists.

Make this happen! - you will feel great and so will those lucky enough to be on your invite list.

It's about knowledge, empowerment, confidence, connecting, self-belief and having some fun!

Menopause can be a challenging transformation, but thanks to you, a group of people are about to know a lot more about it!



The Menopause Room Community

If you enjoyed this, you will love our free community at www.themenopauseroom.com

Let go of menopausal guilt, boost your confidence, take a realistic look at menopausal life and make some time for YOU

Come and join our community and social media platforms

 fb.com/themenopauseroom (Open & Closed groups)

 @themenopauseroom

 themenopauseroom

themenopauseroom.com

Contact Info: jane@themenopauseroom.com

Read our blogs, look at pictures, make comments and take advantage of the great interaction we have from our members. When you join us (for Free) you'll also get access to our selection of menopause e-books, videos from menopause doctors and latest menopause news.

Come share your story with us

Let's get this menopause movement going.

Useful link: <https://www.nice.org.uk/guidance/qs143>

Want to host an event?

Get you complete DIY kit exclusively from us at themenopauseroom.com

Thank You



Copyright © 2019 by The Menopause Room

All rights reserved. No part of this document (or concept) may be reproduced, distributed, or transmitted in any form or by any means without the prior written permission of the publisher.

TheMenopauseRoom.com