

MENOPAUSE CHEAT SHEET

Prioritising protein, healthy fats, calcium, and vitamin D helps maintain muscle strength and bone health.

NUTRITION



Strength training, cardio, and flexibility exercises help maintain muscle, heart and brain health, and manage symptoms.

EXERCISE



Good sleep hygiene, like a consistent routine improves sleep quality and well-being.

SLEEP



Supplements such as omega-3s, magnesium, calcium and vitamin D support muscle, energy, and hormone balance.

SUPPLEMENT



WELL-BEING

Simple daily actions, such as prioritising nutrition and regular exercise, managing stress, seeking support, staying mentally active, and considering medical options, can significantly enhance well-being.



STRESS

Manage stress with mindfulness, relaxation, nature, and a healthy work-life balance to ease anxiety.



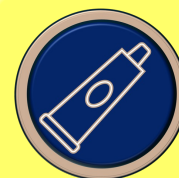
SUPPORT

Stay connected with friends, family, or support groups to reduce isolation and seek professional help when needed.



BRAIN

Boost cognitive well-being with mental stimulation, organisation, and a healthy lifestyle to combat brain fog.



MEDICATION

HRT, birth control, and non-hormonal options like SSRIs can help relieve symptoms.