

Managing the Menopause Skills For Wellbeing course

Struggling with symptoms associated with the menopause?

NHS Talking Therapies Wigan can help!

Cognitive Behavioural Therapy (CBT) can be an effective tool in helping to manage the symptoms associated with menopause. While CBT doesn't directly alter hormone levels, it focuses on changing patterns of thinking and behaviour, which can alleviate distress and improve coping mechanisms.

Here's how CBT can help:

Managing hot flashes and night sweats:

CBT techniques such as relaxation training, paced breathing, and guided imagery can help reduce the frequency and intensity of hot flashes and night sweats. By learning to relax the body and calm the mind, you can better manage these physiological responses.

Addressing sleep disturbances:

Symptoms like night sweats and hormonal fluctuations can disrupt sleep patterns. CBT can help to develop healthier sleep habits and address negative thought patterns that contribute to sleep disturbances.

Managing mood swings and emotional symptoms:

CBT teaches you how to identify and challenge negative thought patterns that contribute to mood swings, anxiety, and depression commonly experienced during menopause. By recognising and reframing irrational thoughts, you can develop more adaptive coping strategies and improve emotional wellbeing.

Promoting Healthy Lifestyle Changes:

CBT can help adopt healthier lifestyle behaviours such as regular exercise, balanced nutrition, stress management, and relaxation techniques. By addressing maladaptive behaviours and promoting positive coping strategies, we can better manage menopausal symptoms and improve overall wellbeing.

Enhancing Coping Skills:

Menopause can be a challenging life transition, and CBT can equip you with effective coping skills to navigate this period of change. By learning problem-solving strategies, stress management techniques, and assertive communication skills, you can build resilience and adapt more successfully to menopausal symptoms and related stressors.

Self Refer to the NHS Talking Therapies in Wigan

Our six week Managing the Menopause Skills for Wellbeing course offers a holistic approach to managing menopause symptoms by addressing the cognitive, emotional, and behavioural aspects of the experience.

By learning practical skills and strategies, you can empower yourself to effectively cope with menopause - related challenges and improve your quality of life.



Online: www.gmmh.nhs.uk/wigan-talking-therapies

Call: 01942 764 449

Scan the QR code above to access the Wigan Talking Therapies self referral form



for anxiety and depression

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