

Managing Perimenopause and Menopause at Work

Here's a list of common symptoms and what can actually help.



Whether you're in perimenopause or menopause, these changes can affect your energy, focus, confidence, and overall well-being, especially at work. This guide breaks down common symptoms and offers practical ways to manage them, so you can feel more supported, informed, and in control.



Brain Fog & Forgetfulness

Try This: Minimize distractions, plan tasks ahead, and give yourself grace.



Confidence Dips & Low Mood

Try This: Celebrate small wins, do things that bring you joy.



Hot Flashes

Try This: Dress in layers, keep cool water nearby, and use a fan.



Sleep Disruptions

Try This: Set a calming evening routine and keep your space cool.



Anxiety & Panic

Try This: Practice breathing exercises and take walking breaks.



Aches & Joint Pain

Try This: Gentle stretching, nutrient-rich foods, and movement breaks.



Migraines or Headaches

Try This: Limit screen time, reduce sugar/caffeine, and ask for a break.



Feeling Burnt Out

Try This: Take real breaks, ask for support, and ask for adjustments.

Tracking Symptoms Can Help

Logging what you're feeling gives you (and your provider or manager) clarity.

You Deserve Support

Perimenopause and menopause are natural, not a personal failure. Speak up and ask for support.

