

# 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.

