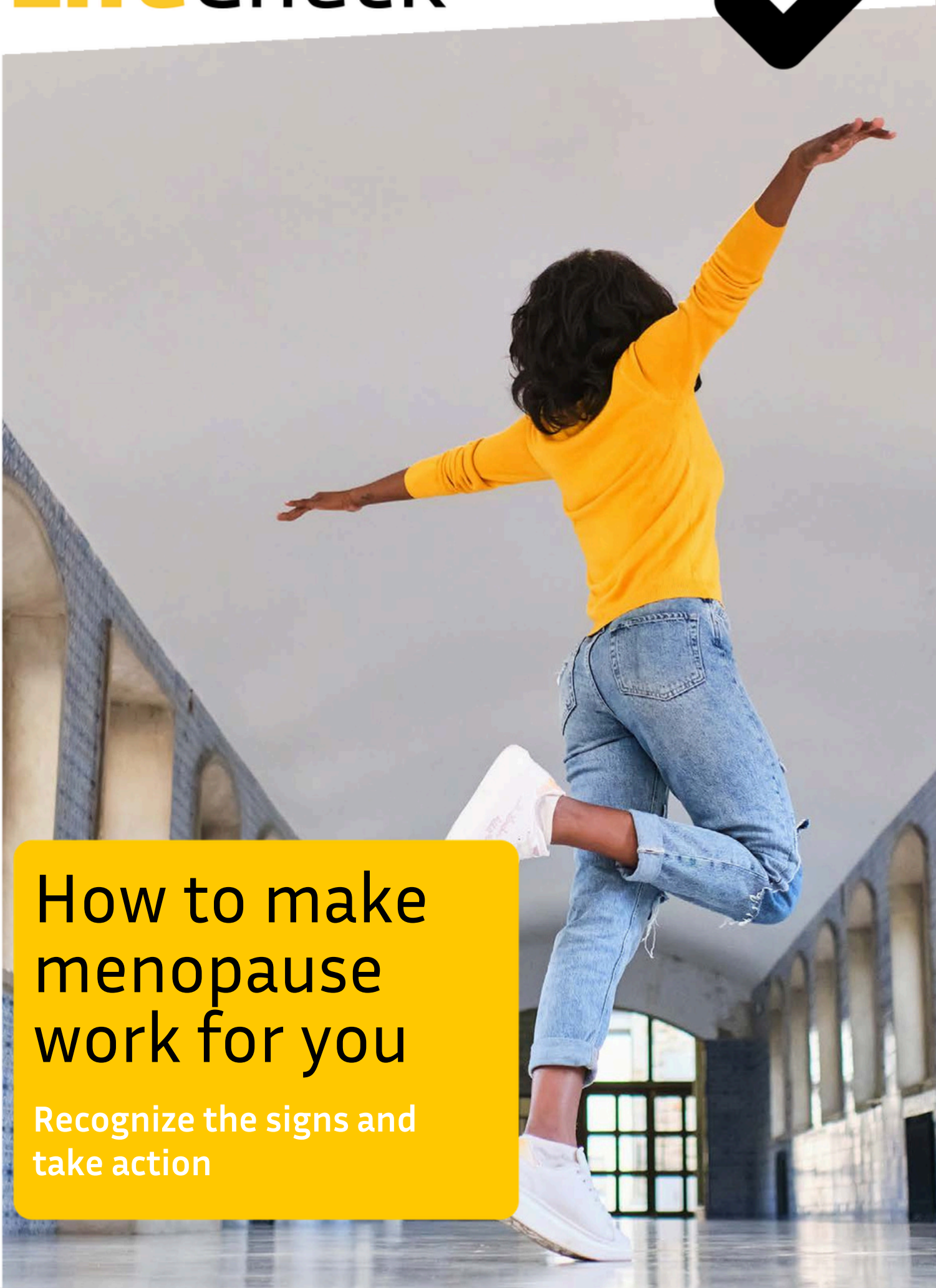
LifeCheck



How to make menopause work for you

Recognize the signs and take action

How to make menopause work for you



Menopause is a stage of life that every woman experiences, yet it is still not always openly discussed. However, this period can have a significant impact on how you feel—both physically and mentally.

In this mini-magazine, we share insights from a GP and a coach, practical tips, and personal stories. Our aim is to provide more recognition, knowledge, and guidance for women who are going through menopause or who want to prepare for it.

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Talk about menopause with GP Monique

Monique is a general physician and worked for fifteen years as a GP. She now works as an online GP, seeing people with a wide range of complaints. She noticed that many women go for a long time with vague symptoms such as headaches, fatigue, and unexplained weight gain.

Not always recognized

These symptoms are not always recognized as related to menopause. “Many women experience symptoms but don’t realize they are caused by menopause.” As a result, women sometimes think their symptoms are due to stress or burnout. Even healthcare providers don’t always immediately make the connection to menopause.

When symptoms start

What many people don’t realize is that symptoms can start even before the last menstrual period. This can happen around the age of 40 or 45. Symptoms such as heart palpitations, mood swings, and weight gain are therefore not always recognized.

More knowledge needed

Monique believes it is important to increase awareness about menopause. “When I was still a GP, I didn’t always realize that some symptoms could be related to menopause.” Greater attention and knowledge help healthcare providers support women more effectively.

Talk about symptoms

Many women find it difficult to talk about this. “Many women feel uncomfortable or embarrassed discussing it.” Online healthcare can help, as women often feel safer during an online consultation.

Be open to support

Monique encourages women to listen carefully to their bodies and take their symptoms seriously. There’s no need to feel ashamed about seeking help. Do you have questions about menopause symptoms or vague complaints that might be related? You can easily schedule a consultation with one of our GPs.





In conversation with Coach Lynn

During menopause, your hormones change significantly. Common mental symptoms include mood swings, sleep problems, and reduced motivation or energy. Many women also experience brain fog, a term that covers issues such as forgetfulness, difficulty concentrating, and mental exhaustion.

The most stressful stage of life

The life stage between roughly 35 and 55 years is often experienced as the most stressful period of life. During these years, many things happen at once, such as work, raising children, and caring for aging parents. This can increase sensitivity to stress, making everything feel more overwhelming at times.

Why Lynn coaches women

Coach Lynn supports many women during this stage of life. In her coaching, she creates a safe and trusted environment where women can be themselves. With humor, clarity, and empathy, she helps women gain insight into their patterns and strengths.

Just keep going

What Lynn often sees is that women keep going as if nothing has changed. “Just push through and get on with it. But that actually backfires.” That’s why, in her coaching, she doesn’t start with solutions right away—instead, she begins with acknowledgment.

Energy and planning

According to Lynn, time management at this stage of life is really about managing your energy. “If you have low energy in the morning or feel stiff, it doesn’t make sense to tackle your hardest tasks then.” It’s especially important to make room for moments of rest and recovery.

More balance and calm

Many women have high expectations of themselves and find it difficult to set boundaries. “You don’t always have to say no, but you can choose to say yes more consciously.” Do you have questions about mental symptoms during menopause or would you like support? Easily schedule a conversation with one of our coaches.

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support@lifecheck.nl