



Hi there,

It's the last week of our *Mastering menopause* month! And it's a mindful finale, as we explore the important topic of managing the mind during menopause. But before we begin...

### Share your thoughts

We'd like to thank you for joining us for our *Mastering menopause* program. You along with more than 2,000 CBHS members took part, and we hope you got as much out of it as we did.

We'd appreciate if you could take a few moments to complete a short survey about your experience during the program. Your say is important as we want to continue to deliver health and wellness content that you find valuable.

**START THE SURVEY**

Now, let's explore menopause and the mind...

### Mind over menopause

As we know, there are a variety of symptoms associated with menopause, both physical and mental. The psychological symptoms can, of course, be distressing and include low mood, anxiety, brain fog, fatigue, forgetfulness, insomnia and more.

As oestrogen levels drop, so too does serotonin. Serotonin is one of the body's feel-good chemicals, responsible for regulating mood, emotions

and sleep. In fact, during menopause, serotonin levels decrease by a huge 50%. One way to manage these psychological symptoms is through cognitive behavioural therapy (CBT).

## What's CBT?

CBT is a technique used by mental health professionals to treat a range of mental health issues, including anxiety and depression. It involves identifying unhelpful thought patterns, recognising how they affect our feelings and behaviours and attempting to reframe those initial thoughts.

Emerging research suggests CBT is a useful tool during menopause, and not just to help treat the psychological symptoms. Studies show the treatment may also help alleviate symptoms like hot flushes and night sweats.

Read our [article](#) to learn more about how CBT can help manage menopause symptoms and how to put it into practise.

## Where to get help

Remember, you're not alone in this. If you're experiencing significant psychological symptoms, contact your GP who may recommend a Mental Health Plan, which means Medicare may subsidise up to 10 sessions with a mental health professional. To find a GP or health practitioner with a special interest in menopause, visit the [Australasian Menopause Society](#) website. You may also be able to use your CBHS Extras cover to pay benefits on sessions with a registered psychologist.

## It's a wrap

Menopause is a mammoth topic, one that affects half the population and one that research and the medical profession are continually catching up on. We hope you enjoyed our *Mastering menopause* program and have gained an insight into the changes that occur during this life stage, and some new tools to help manage symptoms and maintain optimal health and wellness.

## Useful resources & further reading

- Australasian Menopause Society [lifestyle and behaviour changes for menopausal symptoms](#)
- Jean Hailes for Women's Health [menopause articles and resources](#)
- British Menopause Society [CBT for menopausal symptoms](#)

Yours in good health,

## Team CBHS Health

### Sources:

<https://www.menopause.org.au/hp/information-sheets/what-is-menopause>

<https://thebms.org.uk/wp-content/uploads/2022/12/01-BMS-TfC-CBT-NOV2022-A.pdf>

[https://www.menopause.org.au/index.php?option=com\\_content&view=article&id=1244:lifestyle-and-behaviour-changes-for-menopausal-symptoms&catid=108](https://www.menopause.org.au/index.php?option=com_content&view=article&id=1244:lifestyle-and-behaviour-changes-for-menopausal-symptoms&catid=108)

<https://www.jeanhailes.org.au/health-a-z/menopause>

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