

The Bigger Picture – Why Awareness Matters

Menopause isn't just about physical changes — it impacts every part of life, including relationships, family life, and careers. These statistics tell their own story:

90% of women experience symptoms during menopause!

10% of women will leave their jobs due to the menopause.

80% of women are affected by vaginal dryness

60% of women suffer from brain fog

At Feel Well Therapy, we believe women deserve better. Talking about menopause matters — in homes, workplaces, and communities. By opening up these conversations and offering practical, evidence-based support, we can break down stigma and help women feel understood and empowered.

 ***"I've regained control, confidence, and clarity for the next chapter of my life."***
– Z Roberts

Thank You for Reading

Menopause can feel overwhelming at times, but you don't have to navigate it alone. Whether you're experiencing symptoms that are disrupting your daily life, or you simply want to take proactive steps towards maintaining your wellbeing, there is support available.

You deserve to feel heard, supported, and empowered to thrive in this next chapter of life.

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See you next month,
Michelle

Free Workbook Download

How to Prepare for Your Menopause GP Appointment



One of the most common concerns I hear is: "I don't know how to talk to my GP about menopause." It can feel daunting to walk into a 10-minute appointment and explain the complex range of symptoms you're facing.

That's why I created a **free guide** — How to Prepare for Your Menopause GP Appointment. Inside, you'll find:
A simple symptom tracker to help you identify and record what you're experiencing.
Practical tips on how to explain the impact symptoms are having on your life.
Guidance on treatment options and what questions to ask.
Templates you can use to make the conversation easier and more productive.

Get confident on how to talk to your GP about Menopause

Scan this QR code to download our free workbook.



 ***"Through therapy, I've learned how menopause and life events were affecting me. I can't thank Michelle enough for her kindness, advice, and support. I highly recommend her."*** –

Menopause MOT Client