

Menopause Month Special Edition

A Note from Michelle

This Menopause Awareness Month, I wanted to speak openly about a subject that affects almost every woman's life.

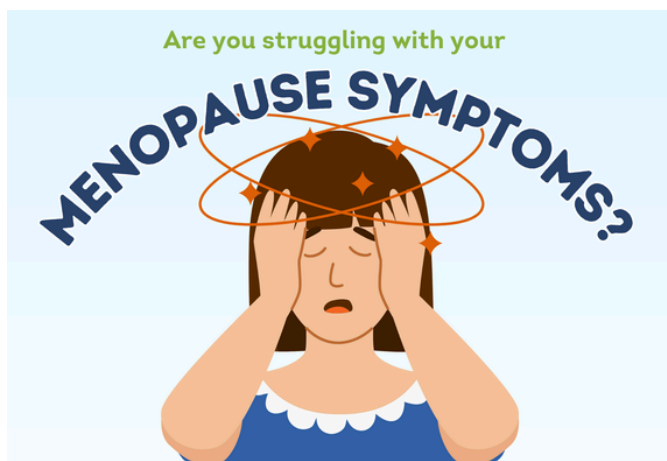
My own menopause journey began around 47. At first, I brushed off the night sweats, anxiety, and heat sensitivity as stress — but over time, I realised the joint pain, poor sleep, and emotional ups and downs were all part of perimenopause.

This experience has shaped how I support my clients today. I know how isolating menopause can feel, but also how effective therapy can be in helping you regain balance, confidence, and control.

After 30 years as a therapist, I've worked with countless incredible women who often put everyone else's needs before their own. But menopause can be a turning point — a reminder that it's time to prioritise yourself.

Whether you take a moment to read one of our featured resources, do something that brings you joy, or book a Menopause MOT, make this the month to focus on **you**.

The Menopause MOT – Support Tailored to You



Menopause affects every woman differently. That's why our Menopause MOT is designed to give you a clear picture of where you are now, and a tailored plan for moving forward.

During a Menopause MOT, we take time to:

- Explore your current symptoms and how they're affecting your daily life.
- Assess your overall psychological wellbeing, including stress, anxiety, or low mood.
- Identify areas where therapy can provide support, whether that's CBT to help manage anxiety and sleep difficulties, EMDR to process trauma or overwhelm, or strategies to improve resilience and confidence.
- Create a personalised therapy plan that works for you, taking into account your unique needs, lifestyle, and goals.

Email Michelle@feelwelltherapy.co.uk to learn more or book your session.

Sign up to our digital newsletter!

Did you know we also have a digital newsletter?

Get the latest updates, wellbeing tips, and information about services and news from The Feel Well Centre straight to your inbox.

Sign up today: Scan the QR code to join.



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