

Menopause

Resources for a season

By Susanne North
The Women's Well

Menopause is an exciting time of newfound freedom, a 're-birthing' of oneself as we transition to a new phase.

We find ourselves with a newfound sense of self-awareness and confidence. The shackle(s) of the past being cast aside is frankly liberating!

Many women recreate themselves, give back to the community, and find a strong inner voice that is carefree and less worrisome. We find ourselves presenting to the world as women who no longer need to prove themselves! An attitude that is often 'Take me as I am or not at all', it's wonderful!!

Collectively we always support each other to 'be strong women, know strong women and raise strong women'.

What a beautiful transition to be excited to go through, all while knowing when you do, (and you will face adversity), you have a support group to hold your hand, nurture you, and walk you forward, towards and during this transition. To make this transition easier for you, we have collated some great resources for your perusal.



Our recent Panel Discussion on Friday, 11th August, at the RHW on all things Peri-Menopause and Menopause was a huge success and a clear indicator that there needs to be more.

The event was hosted by Dr Marjorie O'Neill, MP for Coogee and the Women's Well-Eastern Suburbs and attended by 150 local women.

Thank you to the RHW Foundation for providing their space and support and to Dr John Eden and Dr Amanda Beech for their time and expertise.

The recording of the panel discussion will be e-mailed to you directly.





NSW Government Menopause Health Hubs

1. The Royal Hospital for Women in Randwick
2. Royal North Shore Hospital in North Sydney
3. Campbelltown and Hunter, New England, opening soon.

Women can access the specialised menopause network through their general practitioner. The services will focus on holistic menopause care, including urinary incontinence management, exercise, nutrition and weight management advice.

To contact the hub or educate yourself more on this topic:

<https://www.thewomens.org.au/patients-visitors/clinics-and-services/menopause>

Women's Health & Research Institute of Australia

Dr John Eden or Dr Amanda Beech

<https://www.whria.com.au/our-services/>

Peri-Menopause & Menopause Toolkit

<https://www.nsw.gov.au/women-nsw/toolkits-and-resources/perimenopause-and-menopause-toolkit>

Jean Hailes for Women's Health in Victoria is a national not-for-profit organisation dedicated to improving women's health across Australia through every life stage. Great resources, workshops, women's health week and more.

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

Resources



Free Online Seminars

- <https://www.jeanhailes.org.au/whw-events/womens-health-the-menopause-and-post-menopause-years>
- <https://www.jeanhailes.org.au/whw-events/princess-peri-and-mastering-menopause>
- <https://www.jeanhailes.org.au/whw-events/stress-anxiety-and-depression-in-mid-life-perimenopause>

Interesting Articles

- <https://www.smh.com.au/lifestyle/life-and-relationships/naomi-gwyneth-serena-the-menopower-movement-lights-up-20221205-p5c3sg.html>
- <https://www.smh.com.au/lifestyle/health-and-wellness/the-tweaks-women-can-make-in-mid-life-to-change-health-and-the-way-they-feel-20221012-p5bp9j.html>
- <https://www.mamamia.com.au/podcasts/mamamia-out-loud/mia-menopause-dilemma/>

Books

The Wisdom of Menopause by Dr Christiane Northrup

- <https://www.booktopia.com.au/the-wisdom-of-menopause-4th-edition--christiane-northrup-m-d-/book/9780525486138.html> (Available on audible)

Dr John Eden's Mental Stillness. A beginner's guide to meditation.

- <https://www.whria.com.au/useful-publication/mental-stillness-ebook/>

Podcast

Expert advice on everything from science and symptoms to solutions and support. A ten-episode podcast by MamaMia.

<https://www.veryperi.com.au/>

ABC I-View

The Truth about Menopause with Myf Warhurst.

https://iview.abc.net.au/show/truth-about-menopause-with-myf-warhurst?gclid=CjwKCAjw_uGmBhBREiwAeOfsdz6hXmoh39jEWtbvfYDWzP19HJgXX_MVfTZY1PKbTeXAs4l3WT5ThoCHjcQAvD_BwE&gclid=aw.ds



Meditation, Mindfulness & Breathwork Classes for Women in Menopause

Learn practical practices that support women experiencing peri-or menopause, especially when experiencing sleep problems, hot flashes, anxiety, anger and stress.

Connect with other women who are experiencing the same transitions.

Mindfulness & Meditation practices are a way of life proven to help us to find greater acceptance, calm our body/mind and deal with challenges as they arise.

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(Tara Brach & Jack Kornfield/
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