

BREAKING THE STIGMA: MENOPAUSE HEALTH EVENT

MENOPAUSE


MENOPAUSE IS NOT A DISEASE !


Menopause is not just a physical transition but also an emotional journey. For many women, it brings grief, loss, and uncertainty, alongside the biological changes. The loss of fertility, shifts in identity, and changes in how society views aging can stir deep emotions.


BREAKING THE SILENCE


A recent study* found that 37% of menopausal women feel shame about their symptoms, while 83% experience stigma. In cultures where fertility is tied to a woman's worth, menopause can feel like an ending, leading to feelings of grief, invisibility, or even isolation.

ACKNOWLEDGING THE LOSS

 **Grief for lost fertility** – Even if someone wasn't planning to have more children, the finality of menopause can be emotional.

 **Emotional ups and downs** – Hormonal changes can intensify feelings of sadness, nostalgia, or anxiety.

 **A shift in identity** – A changing body, a different phase of life, and how others perceive aging can be overwhelming.

 **Cultural expectations** – In many communities, menopause is not talked about, leaving women to navigate their emotions alone.



SYMPTOMS OF MENOPAUSE & MENTAL HEALTH



Low mood & depression – The sense of loss can contribute to feeling down, disconnected, or unmotivated.



Brain fog & memory issues – Feeling mentally drained can lead to self-doubt or frustration.



Sleep struggles & fatigue – Poor sleep from hot flashes or anxiety can make everything feel harder to cope with.



Relationship changes – Emotional shifts may affect partners, children, friendships, and how women see themselves.



Studies show us that Black women are more likely to experience severe hot flashes and reach menopause 8.5 months earlier than other ethnicities

If you're struggling with menopause-related grief, anxiety, or emotional changes, our culturally sensitive therapy offers a safe space to support you.

You are not alone.



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