

# About Us



Shifaá Healing Hearts Counselling is a new service being offered in Queens Park and surrounding areas that offers **free** intercultural therapy.

Intercultural therapy is focused on recognising and accepting differences in race, sex, sexuality, income, and physical health and abilities within the counselling space.

We offer counselling either face-to-face or online and we offer counselling English, Arabic, Urdu, Bengali, Punjabi, and Pashto

Website:

[www.shifaacounselling.com](http://www.shifaacounselling.com)

Email:

[referrals@shifaacounselling.com](mailto:referrals@shifaacounselling.com)

Phone number:

07593 269188

## 3 Stages of menopause

### 1. Pre-menopause/perimenopause

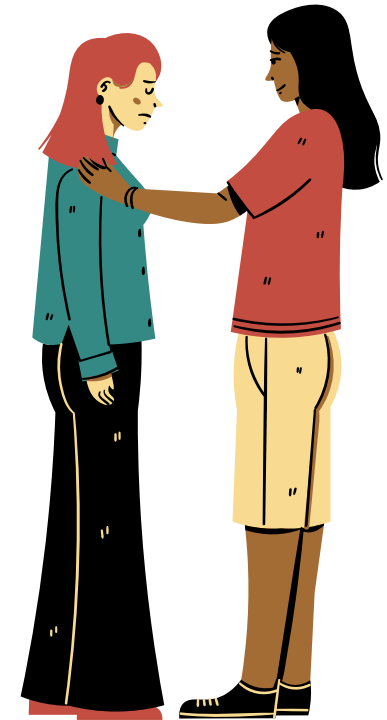
This transitional period, which marks the early stages of menopause, can last for years — sometimes, even a decade. You may start to have menopause-like symptoms like irregular periods, hot flashes and more.

### 2. Menopause:

You've reached menopause when you haven't had a menstrual period for one full year (in the absence of any other medical condition or medication that would have an impact on your periods). Your ovaries have stopped producing most of their estrogen and no longer release eggs.

### 3. Post-menopause:

Once you've reached menopause, you enter the post-menopausal stage. Your symptoms will most likely lessen and eventually go away.



## Coping with menopause

# *Caring for yourself*

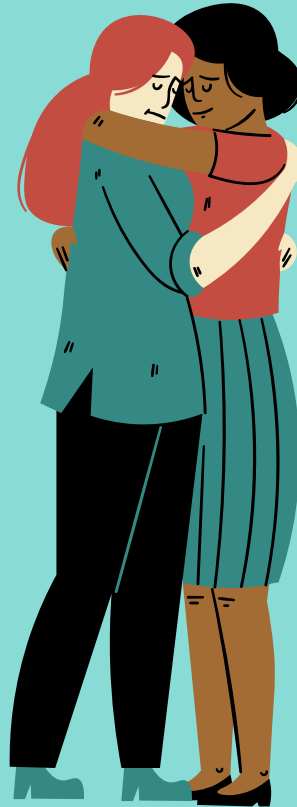
It can feel isolating to go through menopause. Menopause isn't talked about frequently, despite almost all women going through it. For many, the transition into menopause is extremely uncomfortable but they are expected to carry on with their busy lives as normal.

Just because it happens to most women, it doesn't mean that any pain, discomfort, anxiety, or depression is 'silly' or should be suppressed. Pain is pain, sadness is sadness. If we knew a loved one was experiencing extreme discomfort, we wouldn't tell them that their pain isn't real or expect them to carry on as if nothing was happening.

We can extend kindness to ourselves through treating physical and mental pain as real. Take your time, take rests, find and use different tools, ask for help.

Some tools for caring for yourself can be seeking counselling, speaking to others with experience of menopause, reciting affirmations in moments of overwhelm, and adjusting your lifestyle in a way that better suits your body's needs.

It's easy to be hard on yourself when your body has become unfamiliar.



**In moments of change, big feelings are normal. This will pass, and you don't have to go through it alone**



## *How to be supportive*

We can sometimes feel a little helpless when we see someone we care about struggling with menopause. We have listed different methods of offering help below:

- Listen to them, ask what they are experiencing and give them space to talk
- Extra encouragement goes a long way, especially if self esteem is low
- Offering to help them with tasks where possible
- Remember to be flexible, acknowledging that their needs might change
- Learn more about what menopause does