

PRESS RELEASE

Anxiety and the menopause

Fluctuating hormones during the perimenopause and menopause can cause anxiety levels to rise. You may feel worried and uneasy about what's happening in the present, but also about what might happen in the future. Increasing fear or racing thoughts can affect your mood, concentration, sleep patterns and physical health, as well as work, relationships and social life.

In the Summer 2024 issue of The Menopause Exchange newsletter, Dani Singer (specialist menopause counsellor and psychotherapist) discusses the possible causes and impact of anxiety at the menopause – and how you may be able to manage it with approaches such as cognitive behavioural therapy (CBT), relaxation therapies and lifestyle changes.

“Many women experience anxiety at the menopause, leading to panicky thoughts over the smallest things,” says Norma Goldman, founder and director of The Menopause Exchange. “Anxiety can be worsened by stressful life events, such as relationship or family changes and difficulties at work. There are many ways to deal with rising anxiety, from counselling to self-help measures. It's important that women seek help if they're struggling to keep their symptoms under control.”

The Menopause Exchange is celebrating its 25th anniversary this year and now has over 13,000 newsletter subscribers, including women, men, healthcare professionals, complementary therapists, workplace managers and journalists. Other articles in the Summer 2024 issue of The Menopause Exchange quarterly newsletter include HRT types and forms, Thyroid disease and the menopause, and the new Pharmacy First scheme, as well as news, Ask the Experts Q&As and information about Norma Goldman's webinars, talks and workshops.

The Menopause Exchange, which was established in 1999, is unbiased and independent and isn't sponsored by any companies or organisations. Our free quarterly newsletter contains articles written by top UK medical experts, including menopause consultants, GPs, specialist menopause nurses, pharmacists, dietitians and complementary practitioners.

Menopause webinars: Your readers may be interested in organising a webinar for their family and friends or workplace. For over 25 years, Norma Goldman has been presenting menopause talks and workshops. Her in-depth knowledge has helped thousands of women enjoy a more comfortable menopause. She's now hosting her own regular webinars via Zoom. Norma's '**Understanding the**

menopause' webinar is suitable for women at or approaching the menopause, women who have had a premature menopause (before age 40) or a hysterectomy, or anyone with an interest in women's midlife health. Post-menopausal women can attend presentations too. If women join the webinar, they'll be able to ask questions, receive a factsheet and hear about other women's experiences. **To attend a webinar, arrange one for a group of friends or to find out more information, women should e-mail norma@menopause-exchange.co.uk or call 020 8420 7245.**

To join The Menopause Exchange, anyone can sign up for free on our website, <http://www.menopause-exchange.co.uk>. You can also find us on Facebook and Twitter (@MenopauseExch).

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NOTES FOR EDITORS

1. The Menopause Exchange was launched in June 1999.
2. Articles in previous issues of The Menopause Exchange newsletter include: Menopause in the workplace; Bedding and clothing for the menopause; HRT new products; Healthy diets from around the world; Digestive problems at the menopause; Osteoporosis after the menopause.
3. The founder and director of The Menopause Exchange is Norma Goldman. Norma has a pharmacy degree and a Master's degree in health promotion. She gives webinars, talks and workshops on the menopause to employees in the workplace including hospitals, women's groups, healthcare professionals, GP practices, organisations, companies and at exhibitions.
4. Victoria Goldman, editor of The Menopause Exchange newsletter, is an experienced health journalist, editor and proofreader, with a BSc. degree in Biomedical Science and a Master's degree in Science Communication. Her two crime novels, *The Redeemer* and *The Associate*, are available from Amazon, Waterstones and other book retailers. *The Redeemer* was shortlisted for Best Debut Crime Novel of 2022 in the Crime Fiction Lover Awards. *The Associate* is shortlisted for Best Indie Crime Novel of 2023 in the Crime Fiction Lover Awards.
5. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, men, healthcare professionals, complementary practitioners, line managers, health and safety officers and anyone else who is responsible in the workplace for the wellbeing of employees.
6. All press enquiries to Norma Goldman on 020 8420 7245.