

# Menopause Awareness Month – Lifestyle Medicine Kindness & Events Calendar

MON	TUE	WED	THU	FRI	SAT	SUN
		01 Reflect on what menopause improvements you’d like to achieve	02 Set your intention for October - a personal goal for your wellbeing.	03 Plan what healthy food you are going to eat next week	04 Take a 20-minute walk outdoors - notice the sounds and sights.	05 Take a break and read your favourite book or watch your favourite film
06 Write 3 things you're grateful for today.	07 Take 15 minutes to stretch or do gentle yoga.	08 Choose a 30min lunch & learn video to watch.	09 <a href="#">Attend the Menopause Exhibition in Stockwell Street</a>	10 <a href="#">Connect at Mental Health Coffee Morning on campus</a>	11 Increase fibre by choosing whole-grains: brown rice, brown bread, quinoa.	12 Try a new healthy recipe or eat something colourful.
13 Go for a brisk walk around campus or the block.	14 Reach out to a friend or family member just to say hi.	15 Listen to your favourite playlist.	16 Do a 10-minute guided meditation.	17 Unplug from social media for the evening.	18 Have a slow morning – even if it’s 10 extra minutes.	19 Batch cook your meals for the week.
20 Set reminders to regularly stand up and stretch your body.	21 Write down an achievement in the past year - stick it to your wall.	22 If you’re busy, allow yourself to pause and take a break.	23 Try a new form of movement (dance, pilates, tai chi, etc.).	24 Get cosy! Grab a blanket, a mug of something hot and wrap up.	25 Try a creative activity: drawing, colouring, music, or writing.	26 Take yourself on a mini “date” – walk, coffee, bookstore, etc.
27 Take 15 minutes to stretch or do gentle yoga.	28 Aim for 5 pieces of fruit & veg today.	29 Drink more water today - hydration helps!	30 Choose a 30min lunch & learn video to watch.	31 Create a relaxing bedtime routine e.g. no screens 1 hour before bed.	Do something special for yourself!  You’ve finished the month!	

## World Menopause Month

• **Prioritise Your Needs:**

Make time for self-care, say "no" to unnecessary commitments, don't feel guilty for needing rest or support.

• **Practice Self-Compassion:**

Treat yourself with the same kindness and understanding you would offer a loved one.

• **Engage in Positive Habits:**

Incorporate activities that boost your mood and well-being, like gentle exercise, spending time in nature, or enjoying hobbies.

• **Seek Support:**

Connect with others who understand your experiences, such as friends, family, or groups like the [UoG Menopause Hub](#) and cafes which offers a safe space for discussion.

• **Find Information:**

Learn about the symptoms and management of menopause from reliable sources like [NHS](#), [Henpicked](#) and [British Menopause Society](#)

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## Sleep

Sleep issues during menopause are common but there is support available

### Top tips

- Keep your room cool and comfortable
- Avoid foods that can disrupt sleep
- Stick to a consistent sleep schedule
- Unplug an hour before bed

Menopause and Sleep



## Exercise

Menopause changes your body, but movement can change how you feel

### Top tips

- Start small: habit first, intensity later
- Mix it up: cardio, strength and stretching
- Make it social: walk with a friend or join a class. Do what works for you
- Make it visible: add it to your calendar

Menopause and Movement



## Nutrition

The way we nourish our body can have a positive impact on symptoms and long-term health

### Top tips

- Plan meals ahead to avoid last-minute unhealthy choices
- Batch cook when you can – your future self will thank you
- Stay hydrated – water supports energy and focus
- Eat mindfully – slow down and tune in to how food makes you feel

Menopause and Nutrition



## Stress

Menopause can be stressful. Your body, brain and emotions are all adjusting

### Top tips

- Use breaktimes to pause and reset
- Plan demanding tasks for when you feel most alert
- Step outside – fresh air helps calm the mind
- Connect with others – you are not alone

Menopause and Stress



## Events

- MAUSI.net menopause exhibition on [9 October 6-9pm](#)
- Online Mindfulness sessions on [10 October \(1-2pm\)](#) and [23 October \(12.30-1.30pm\)](#)
- Online Yoga for Menopause on [13 October \(6-7pm\)](#)
- Menopause and Sleep online café on [15 October \(1-2pm\)](#)
- Menopause and Nutrition on [27 October \(12-1pm\)](#)
- Menopause gym sessions  
Medway 3 November 4-5pm  
Avery Hill 4 November 4-5pm  
Greenwich 6 November 4-5pm

**Links to Lunch and Learn videos**

[Menopause and Stress](#)  
[Menopause and Nutrition](#)  
[Menopause and Exercise](#)  
[Menopause and Sleep](#)  
[Menopause and Ethnicity](#)