

# MENOPAUSE HEALTH COACHING

## Week TWO

Looking after the brain through the menopause & beyond

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# How has the menopause impacted your brain?

Lost motivation?

Feeling low?  
Tearful?

More stressed / overwhelmed?

Lost confidence?

Brain fatigue?

Angry? Raging?

Neurodiversity?

Worry about dementia later?

Brain fog?

Memory loss?

Hot flushes / night  
sweats?

Anxious?

Can't concentrate?



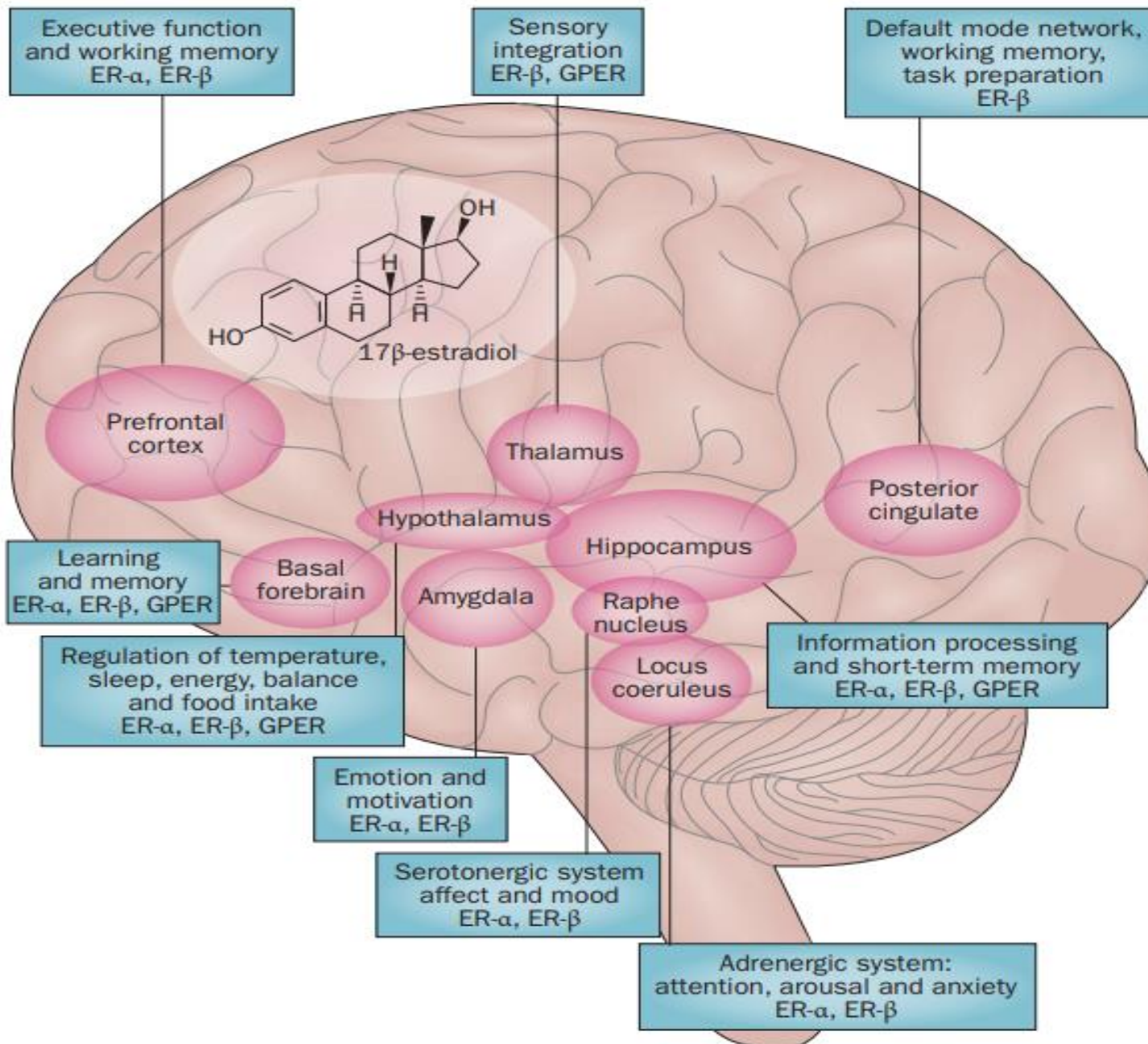
# HOW OESTROGEN IMPACTS THE BRAIN

Watch this

*How menopause  
affects the brain*  
Dr Lisa Mosconi

[https://www.youtube.com/watch?v=JJZ8z\\_nTCZQ](https://www.youtube.com/watch?v=JJZ8z_nTCZQ)

[https://www.researchgate.net/publication/277252540\\_Perimenopause\\_as\\_a\\_neurological\\_transition\\_state](https://www.researchgate.net/publication/277252540_Perimenopause_as_a_neurological_transition_state)



# WHAT ABOUT PROGESTERONE?

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- Best friends with **GABA** – the calming neurotransmitter
- The adrenal ‘**progesterone steal**’ – cortisol. Impacts EVERYTHING
- ‘P is a natural sedative that relaxes our brain & bodies.....Our bodies try to compensate for declining P by releasing .... cortisol & adrenaline, which can make us feel anxious & irritable. This can happen quickly, and can trigger extreme emotions or outbursts’

*(Newson, Dr L. Preparing for the Perimenopause & Menopause. Penguin, 2021. Pg 97)*



# Focus on HOT FLUSHES (& night sweats)

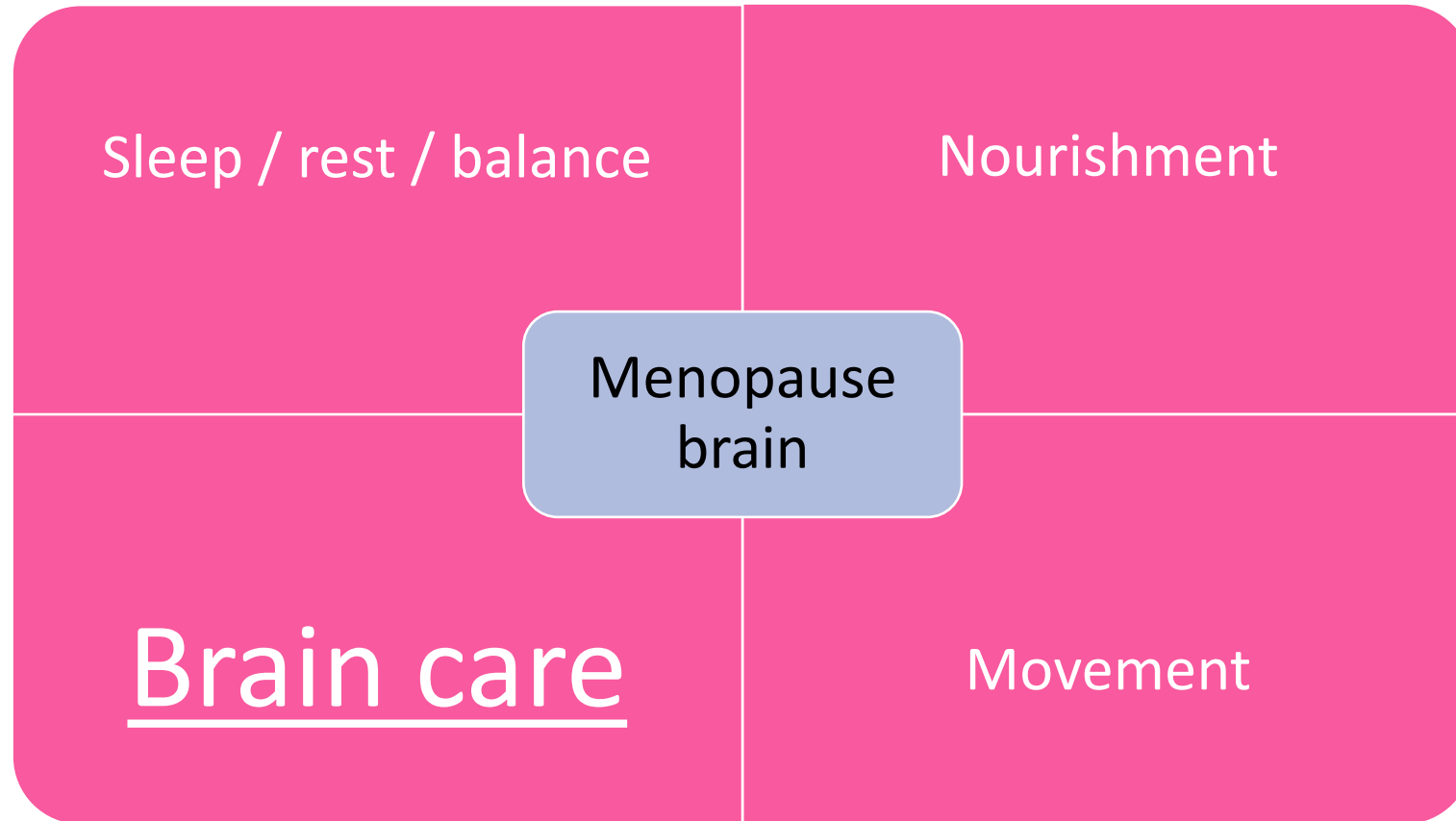


- 3% of women never get 1. 17% get mild. Rest worse.
- Hypothalamus is like a wonky thermostat. Low Oestrogen levels
- What is a hot flush? Blood vessels in the skin of the head & neck open wider & let blood in.
- Plus a surge in the stress hormones

**What can be done about them? A few suggestions:**

- a) Work out triggers – keep a diary for a week
- b) Reduce triggers (alcohol, spicy foods, caffeine, sugar)
- c) Techniques for calming the stress response in a hot flush.

## So, what self-care can we give our brain?

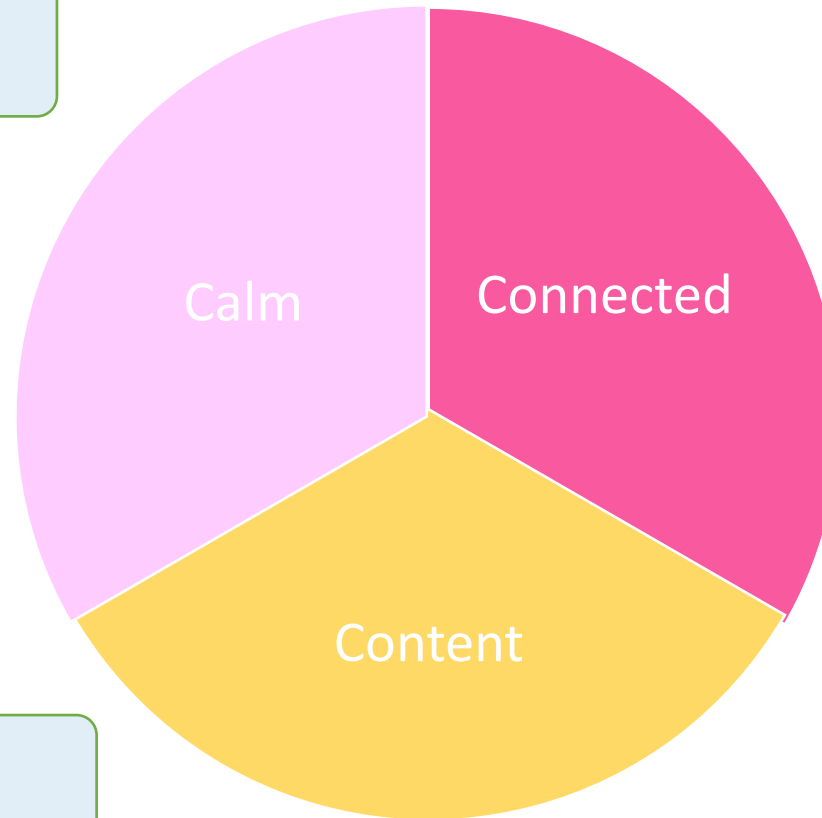


**All to keep our hormones working as best they can, for as long as they can.**

# Brain care in the menopause



- Deal with stressors & the stress
- Prioritise
- Boundaries



- To people
- To community
- Something larger

- Va Va Voom!
- Gratitude
- Self-care