

Easy Read

# Keep healthy in perimenopause and menopause

Booklet 3: What you can do to feel better



October 2023



Learning Disability Wales  
Anabledd Dysgu Cymru



Hawdd ei Ddeall Cymru  
Easy Read Wales



The Menopause  
Charity

# About this booklet



This is an Easy Read Booklet. You may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what all the hard words mean on **page 21**.

There are 4 booklets about keeping healthy in perimenopause and menopause:



- **Booklet 1: What is perimenopause and menopause**
- **Booklet 2: Symptoms**
- **Booklet 3: What you can do to feel better**
- **Booklet 4: Talking to your doctor**

# What is in this booklet

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# What you can do to feel better



There are many ways to help yourself when you are in perimenopause and menopause.



The ideas in this booklet can help you with your **symptoms**.



**Symptoms** are signs that something is going on in your body.



You can learn more about perimenopause and menopause **symptoms** in **Booklet 2: Symptoms**.

# Things that can help with hot flushes



- Wear light clothes.



- Wear layers of clothes, so you can take some off when you get warm.



- Try not to have spicy food, alcohol, or hot drinks.



- Drink water or cold drinks every day. Have 6 to 8 cups.



- Make your room cooler.

# Things that can help with night sweats



- Do not have hot drinks before you sleep.



- Wear light night clothes to bed.



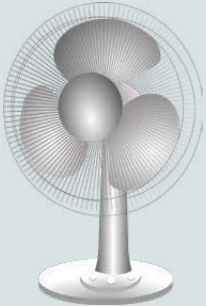
- Use cotton sheets on your bed.



- Use a light duvet or blanket.



- Make your bedroom cooler at night.



- Use a fan.



- You may need to wash more often.

# Move more if you can



You may feel tired, sad, and not want to exercise. If you can, moving your body can be good for your health. It can help make some **symptoms** better.



If you are able, try to move your body for 30 minutes, 5 times a week.



You could do things like walking, cycling, swimming, or dancing. Do fun things that make you move.



## Moving your body can help you:



- sleep better



- keep your bones strong



- keep your muscles fit



- have a happy mood and



- keep your weight healthy.

# Eat well



The right foods can make you less tired and give you more energy.



Your bones need good food to stay strong.



To be healthy in the future, try to stay a healthy weight. This might be harder than before.

## A good diet has:



- A lot of vegetables, fruit, beans and cereals



- Some nuts, fish, and oils



- A little bit of meat, eggs, milk, salt, sugar and **processed foods**.

**Processed foods** are when any fresh foods are changed in some way. They might be washed, cooked, tinned or frozen.

For example, cow's milk when it is turned into cheese. Pork that is turned into sausages.

It includes things like bread, biscuits, sausages and microwave meals.



You might find that some **processed foods** make your **symptoms** worse.

## Drink water



Drink 6 to 8 cups of water a day. This helps your skin, hair and body stay healthy.

## Sleep well



Sleeping well every night helps you stay healthy.



If you sleep too little, your brain does not work as well. 8 hours sleep is better than 4 hours.

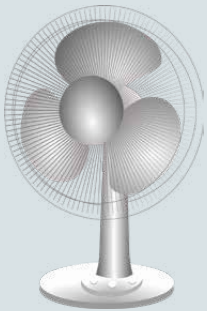


If you do not get enough sleep, you might feel more confused and forgetful.



Sleep is good for your whole body and wellness.

### These things can help you sleep better:



- Make your bedroom cooler. You should not be too warm when you sleep.



- Try to go to sleep and wake up at the same time every day, including at the weekend.



- Try not to drink coffee and alcohol. Coffee will keep you awake. Alcohol might help you get to sleep faster, but it does not give you good sleep.



- Do not take illegal drugs. They can be bad for you and for your sleep.

# Be calm



Many people feel worried, sad, and moody.

## Some things that can help:



- Slow down. Take some time every day to sit or lie down and breathe. Notice how you feel and what is around you. Some people call this **meditating**. There are some apps that can help you do this.



- Try to find time for yourself. Do things that make you happy like reading, gardening or singing.



- Be with friends or family. You might not want to see people, but being with them can be good for you.

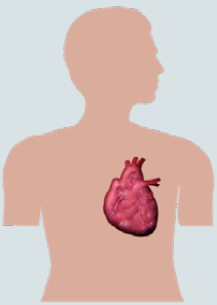


- Ask for help. If you feel sad a lot talk to someone who can help you. Talk to your family and friends, carer, or nurse.

# Drink less alcohol and stop smoking



These things are bad for your **symptoms** and your health.



Alcohol can hurt your heart, liver, bones, and mood.



It can also make you put on weight and feel sadder.



Most people feel worse when they drink alcohol.





They get more and worse hot flushes and headaches and sleep badly.



Do not smoke. Smoking is bad for you. It can make you sick with:

- heart problems
- cancer
- weak bones.

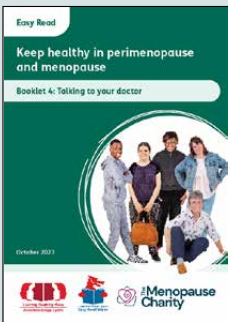


Smoking might make you get hot flushes more often.

# Think about Hormone Replacement Therapy (HRT)



HRT is a medicine that can help some people feel better when they have **symptoms**.



You can ask your doctor about it. You can learn more about HRT in **Booklet 4: Talking to your doctor**.

# Find out more

You can read all 4 easy read booklets about keeping healthy in perimenopause and menopause:



- **Booklet 1: What is perimenopause and menopause**
- **Booklet 2: Symptoms**
- **Booklet 3: What you can do to feel better**
- **Booklet 4: Talking to your doctor**

You can also find out more on these websites:



[www.themenopausecharity.org](http://www.themenopausecharity.org)



[www.ftww.org.uk/menopause](http://www.ftww.org.uk/menopause)



[www.111.wales.nhs.uk/encyclopaedia/m/article/menopause](http://www.111.wales.nhs.uk/encyclopaedia/m/article/menopause)



[www.womens-health-concern.org](http://www.womens-health-concern.org)



[www.menopausesupport.co.uk](http://www.menopausesupport.co.uk)



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

# Hard words

## Processed foods

Processed foods are when any fresh foods are changed in some way. They might be washed, cooked, tinned or frozen.

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It includes things like bread, biscuits, sausages and microwave meals.

## Symptoms

Symptoms are signs that something is going on in your body.

# Thank you



These booklets have been written by [Easy Read Wales](#).



They are based on information by [The Menopause Charity](#).



With support from the [Fair Treatment for the Women of Wales](#).



Thank you to [Cwm Taf People First](#) for checking these booklets.



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