simplyhormones
making sense of menopause

# SIX SIMPLE STEPS...

## How to make Menopause a Positive Experience

1. Understand Menopause Traffic Lights (from Module 5)
2. Identify age group - and start a conversation.
3. Symptoms – make this list available to staff (from Module 2)
4. Encourage staff to identify three main symptoms then One symptom and work on that.
5. Personal Action Plan – collaborate and set agenda for outcomes.
6. MSK – Menopause Survival Kit – lots of useful information.

And Finally...

Arrange a 1:1 telephone consultation with SimplyHormones to answer difficult questions AND get more training!

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