

# Mindfulness (and compassion!) for the menopause

**Beth Longstaff**



# Session plan

‘Practice makes possible’

What is mindfulness?

What is compassion?

How can they help with the menopause?

How do I find out more?

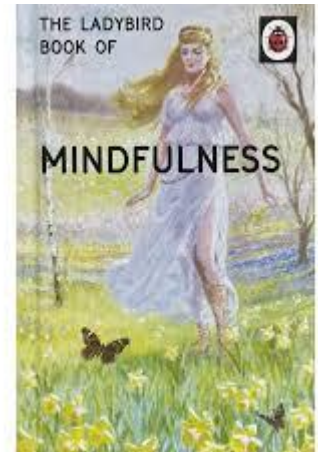
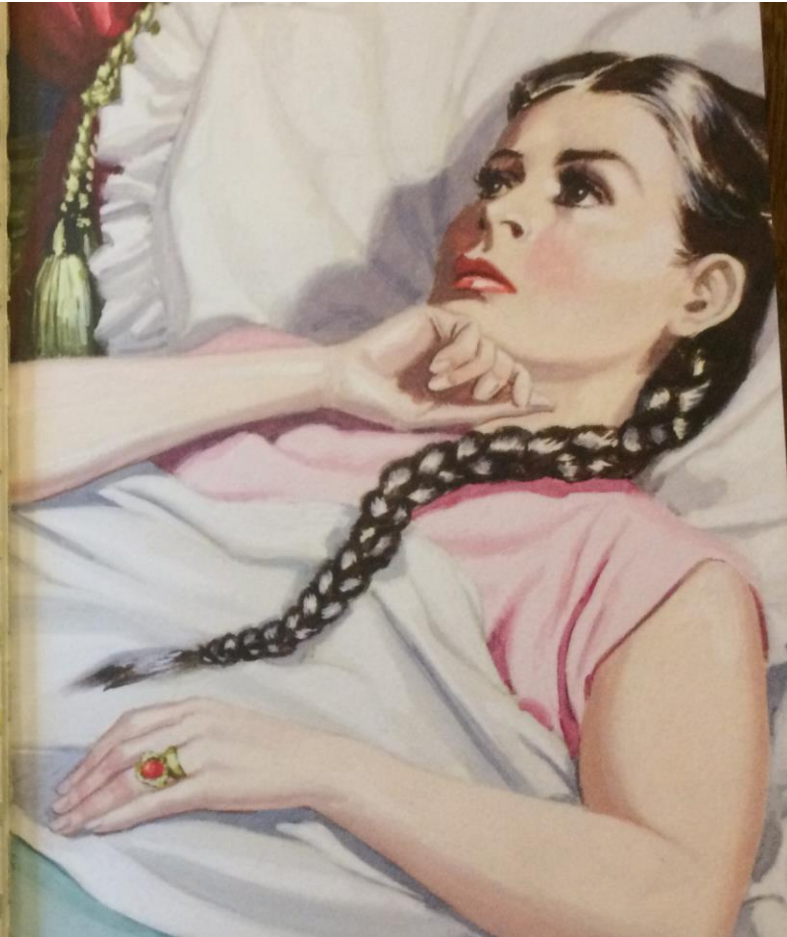


# Mindfulness? Are you KIDDING?

Anna has emptied her mind and is just listening to the world around her.

She can hear the neighbours arguing, two ambulances, a burglar alarm, a child crying, and the sound of dubstep coming from a Subaru Impreza.

She is also concentrating on her own feelings, like her cystitis.



# What can mindfulness help with?

## Some specifics

- Stress reduction
- Regulating emotions including anger and anxiety
- Reducing depression relapse
- Improving memory, reducing brain fog
- Lessening impact of physical symptoms inc. pain
- Improving sleep





# What can mindfulness help with?

## Broader challenges

- Coming to terms with change and impermanence
- Honouring limits
- Rethinking old stories
- Self acceptance, self compassion



# What is mindfulness?

Paying attention

...on purpose

...in each moment

...non judgementally

Jon Kabat Zinn



# Myth busting

You don't need special clothes or to be able to sit cross

You don't need to be a Buddhist or religious in any way

You don't need to be able to empty your mind

It does need a bit of effort and practice

It won't replace your hormones







**Meno || pause**

**3 step breathing space**



# From overwhelm to clarity

Sensation Emotion  
Urge to do Thought  
Sensation Emotion  
Thought Sensation  
Emotion Sensation  
Thought Urge to do



Thought  
Sensation Emotion  
Urge to do Thought  
Sensation Thought  
Urge to do Thought  
Thought Emotion  
Sensation Thought Urge to do  
Emotion Sensation Thought Urge to do  
Urge to do Sensation Thought  
Thought Emotion



# Thoughts are not facts

What are we believing...

...about the menopause

...about our symptoms

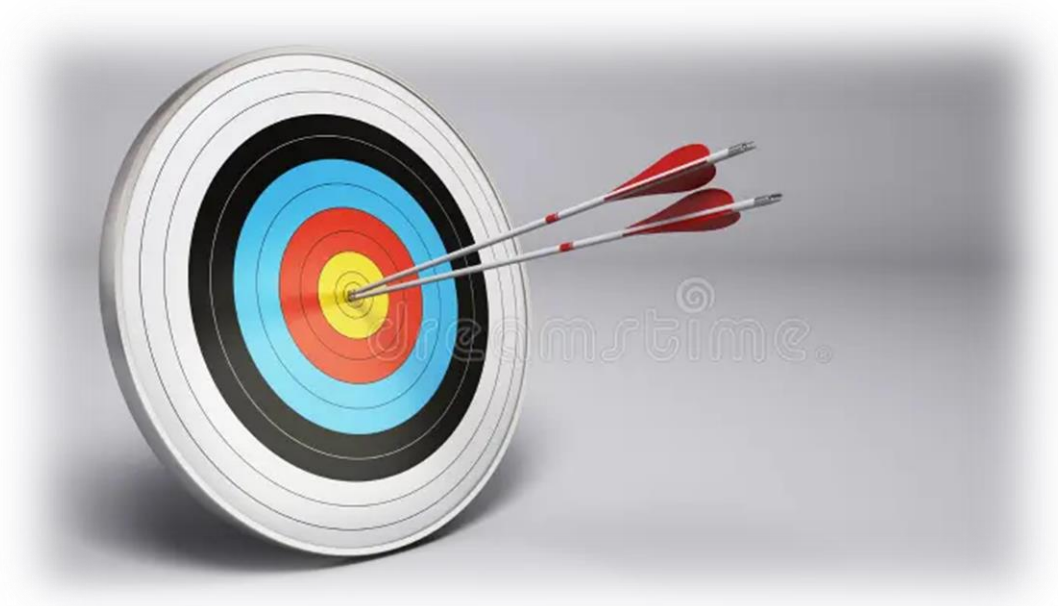
...about asking for help

...about what other people think

Are we willing to question our beliefs??



# Working with the 'second arrow'



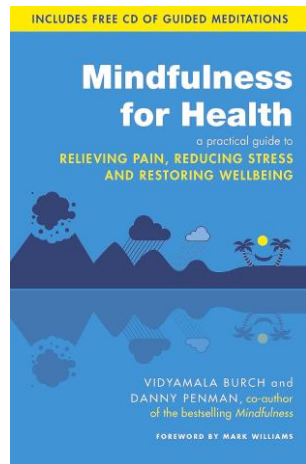
# An anchor in a storm





# Meeting our body in a different way

- Can we befriend our menopausal body?
- Mindfulness and living with pain



# Mindfulness AND compassion



# What is compassion?

Sensitivity to suffering in self and others

Desire to prevent or alleviate suffering in self or others

**Wisdom**

**Courage**

**Care**





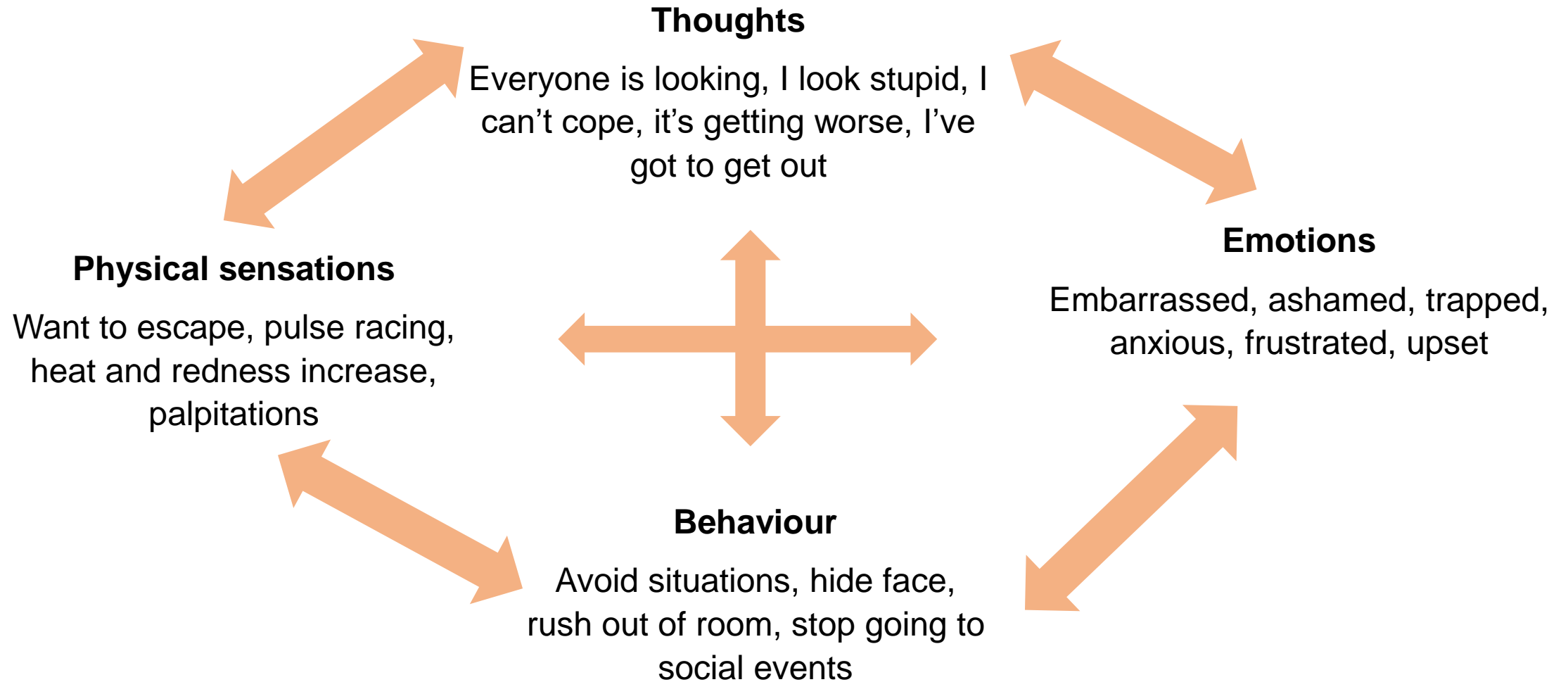


**Meno || pause**

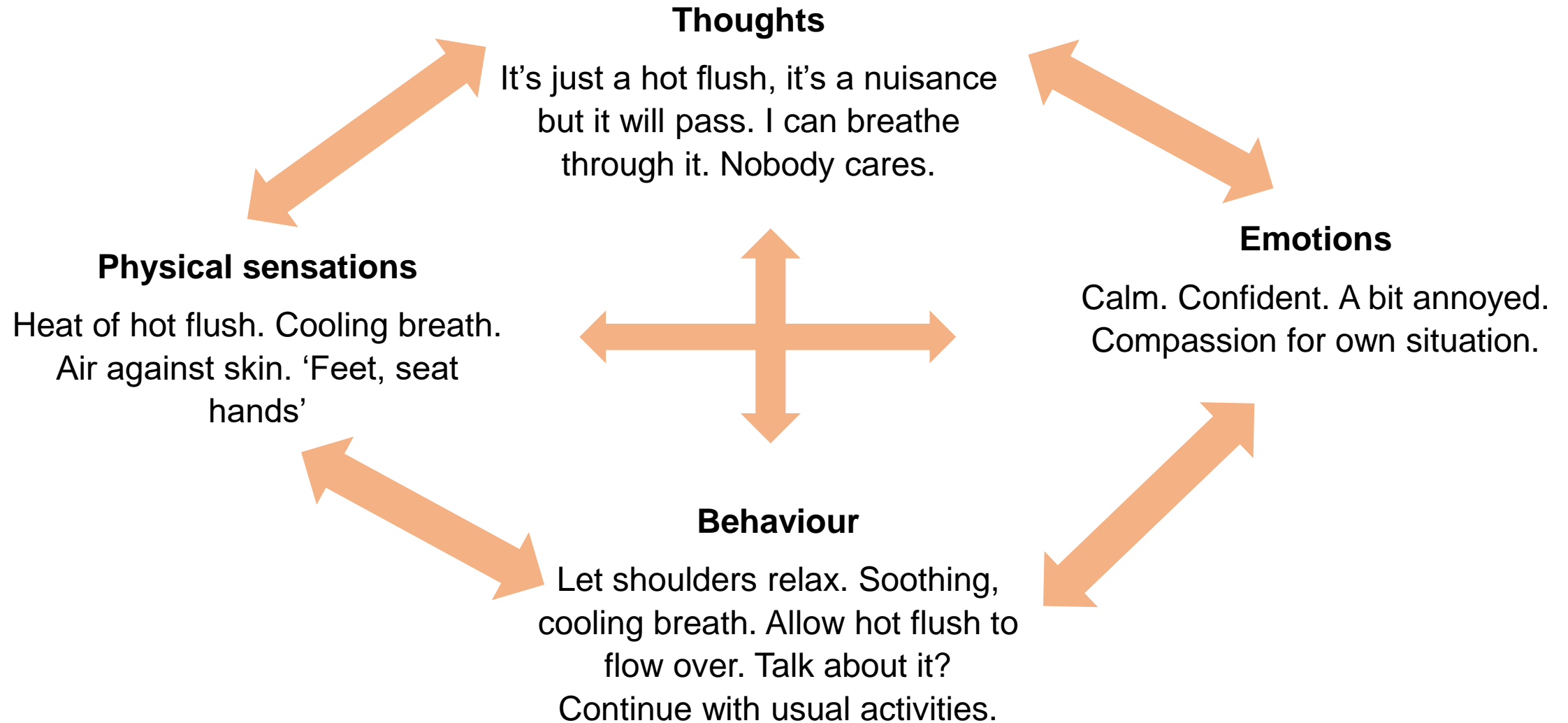
**Compassionate guide**



# Bringing mindfulness to hot flushes



# Bringing mindfulness to hot flushes



# Attentional control – ‘practice makes possible’



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





**Meno || pause**

**Appreciation practice**

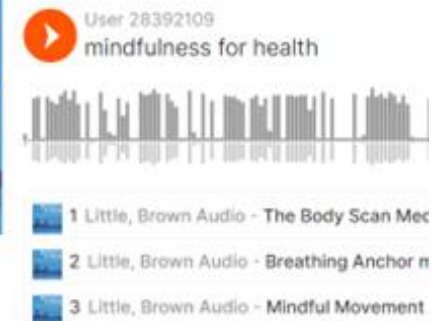
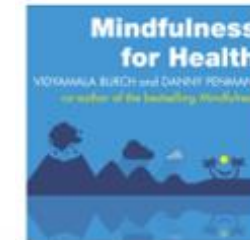
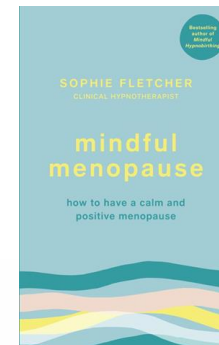


# How do we cultivate these magical things?

- **PRACTICE!**
- Structured courses
- Drop ins
- Websites
- Books
- Online
- Apps



InsightTimer



Thank you for listening!

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