

# WELLNESS MINUTE

June 2024



NAVIGATING MENOPAUSE: EMBRACING CHANGE  
NUTRITION AND MENOPAUSE: EATING FOR HORMONAL HEALTH  
RECIPE OF THE MONTH  
YOGA FOR MENOPAUSE: FINDING BALANCE

# NAVIGATING MENOPAUSE: EMBRACING CHANGE

June is Menopause Awareness Month, dedicated to raising awareness about the physical and emotional changes that women go through during this life transition. In this month's Wellness Minute, we explore menopause, providing valuable information to help women embrace and navigate this stage with confidence.

## UNDERSTANDING MENOPAUSE:

Menopause is a natural biological process that marks the end of a woman's reproductive years. It typically occurs in their late 40s to early 50s. During menopause, hormonal changes lead to various physical and emotional symptoms, including hot flashes, mood swings, and changes in bone density.

## SYMPTOMS AND MANAGEMENT:

- **Hot Flashes:** Strategies such as dressing in layers and deep breathing exercises can help manage hot flashes.

- **Mood Swings:** Support from friends, family, and healthcare providers is essential to address emotional changes.
- **Bone Health:** A balanced diet rich in calcium and vitamin D, along with weight-bearing exercises, can help maintain bone health.

## SEEKING SUPPORT AND GUIDANCE:

Menopause is a unique experience for each woman. Seeking support, whether through peer groups or medical professionals, can provide valuable insights and guidance to manage this life transition successfully.

This June, let's celebrate the strength and resilience of women navigating menopause. By fostering understanding and open discussions, we can empower women to embrace this new phase of life.

Sources:

1. The North American Menopause Society - Menopause 101 <https://www.menopause.org/for-women/menopauseflashes/menopause-symptoms-and-treatments/menopause-101-a-primer-for-the-perimenopausal>



# NUTRITION AND MENOPAUSE: EATING FOR HORMONAL HEALTH

Proper nutrition plays a crucial role in supporting hormonal health during menopause. Here are some dietary tips for women going through this life stage:

- **Calcium and Vitamin D:** Ensure you get enough calcium and vitamin D to support bone health. Dairy products, leafy greens, and fortified foods are excellent sources.
- **Fruits and Vegetables:** A diet rich in fruits and vegetables provides essential vitamins and antioxidants that can help manage menopausal symptoms.
- **Whole Grains:** Opt for whole grains like brown rice, quinoa, and whole wheat, which provide fiber and complex carbohydrates for sustained energy.
- **Omega-3 Fatty Acids:** Include sources of omega-3 fatty acids such as fatty fish (salmon, mackerel) and flaxseeds to support heart health and reduce inflammation.
- **Limit Processed Foods:** Reduce the intake of processed foods, sugary snacks, and caffeine, as they can exacerbate menopausal symptoms.

- **Stay Hydrated:** Drink plenty of water to stay hydrated, as this can help alleviate symptoms like hot flashes.

A well-balanced diet tailored to your individual needs can help manage menopause symptoms and promote overall well-being.

#### Sources:

1. Mayo Clinic - Menopause Diet: 5 Things You Need to Know  
<https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/menopause-diet/art-20162310>



# HORMONE-HEALTHY SMOOTHIE FOR MENOPAUSE

Support hormonal health during menopause with a nutritious and hormone-friendly smoothie. This recipe is designed to provide essential nutrients and promote well-being.

## INGREDIENTS (1 SERVING):

- 1/2 cup Greek yogurt (probiotics for gut health)
- 1/2 banana (potassium and vitamin B6)
- 1/2 cup mixed berries (antioxidants)
- 1 tablespoon flaxseeds (omega-3 fatty acids)
- 1/2 teaspoon maca powder (hormone balance)
- 1/2 cup almond milk (or your preferred milk)

## INSTRUCTIONS:

1. Add all the ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy your hormone-healthy smoothie!

This delicious and nutrient-packed smoothie can help support hormonal balance and overall well-being during menopause. It's designed for one serving, so adjust the quantities as needed.

### Sources:

1. Healthline - Maca Root Benefits and Nutrition (<https://www.healthline.com/nutrition/benefits-of-maca-root>)



# YOGA FOR MENOPAUSE: FINDING BALANCE

Yoga can be a valuable practice to help women find balance and manage the physical and emotional changes that come with menopause. Here are some yoga poses suitable for menopausal women:

- **GODDESS POSE (UTKATA KONASANA)**

This pose strengthens the lower body and helps relieve hip discomfort and tension.

- **CHILD'S POSE (BALASANA)**

A calming and restorative pose that can alleviate stress and anxiety associated with menopause.

- **BRIDGE POSE (SETU BANDHA SARVANGASANA)**

This pose strengthens the back, hips, and thighs while promoting relaxation.

- **SEATED FORWARD BEND (PASCHIMOTTANASANA)**

A gentle stretch for the spine and hamstrings that can ease discomfort and promote relaxation.

- **BREATHING EXERCISES**

Pranayama techniques, such as deep belly breathing, can help reduce stress and anxiety while promoting relaxation.

Regular practice of these yoga poses and breathing exercises can help women going through menopause find physical and emotional balance.



Sources:

1. Yoga Journal - Poses for Menopause (<https://www.yogajournal.com/poses/yoga-sequences/poses-for-menopause/>)

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