



Talking to Loved Ones About Menopause

How to Be Heard, Supported & Understood

Brought to you by Navigate Menopause



Why It's Hard to Talk About

Lack of Education

Many weren't taught what menopause really is

Fear of Reactions

You may fear being dismissed, judged, or misunderstood

Benefits of Openness

But open conversations lead to connection, not isolation



What to Say to Your Partner

Explaining Changes

Try: "I'm going through hormonal changes that affect my mood, energy, and comfort. I'd love your support."

Asking for Understanding

Or: "Some days, I don't even feel like myself. Can you just hold space for me?"



Talking With Teens or Adult Kids

1

Keep it simple and human

2

Explain the basics

"I'm going through something that affects my sleep and emotions. It's part of being a woman."

3

Reassure them

"If I snap, it's not about you. I'm working on it."



Friends Can Be Allies



Start the conversation

"Have you noticed any changes in yourself? I've been struggling with menopause stuff."



Discover shared experiences

You might be surprised how many are feeling the same — and staying silent





When You Need to Ask for Space

Request for quiet

"I need a bit of quiet right now — it helps me reset."

Clarify your feelings

"I'm not upset with you, just overwhelmed."

Get support

Ask Navigate Menopause: "Help me set a boundary with kindness."

Normalise the Conversation



Speak openly

The more we speak openly, the less shame exists.



Validate your experience

You are not "too emotional" — you're a woman in transition.



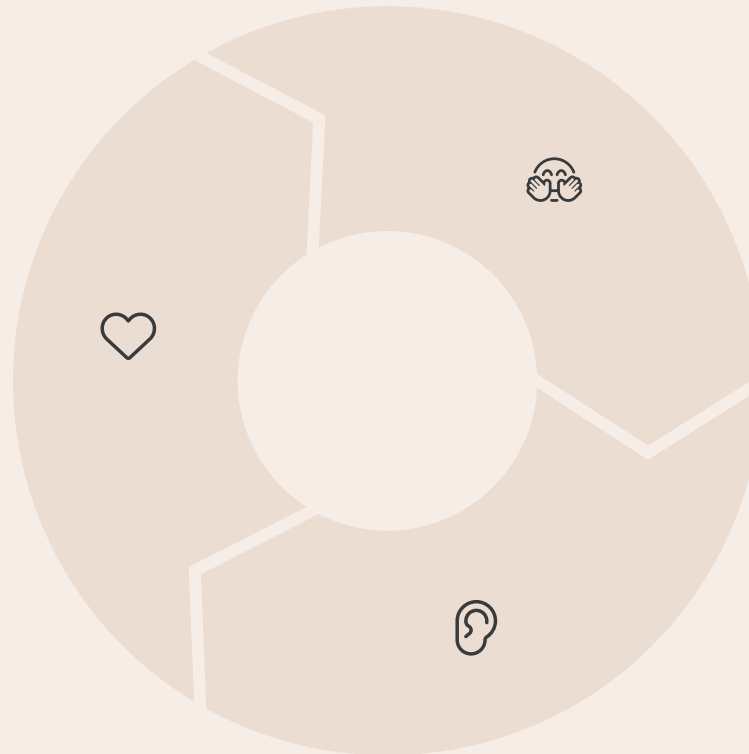
Break the silence

Let's break the silence, one honest share at a time.

Scripts for Hard Days

Acknowledge difficulty

"I'm doing my best, but today is tough."



Ask for comfort

"I need comfort, not solutions."

Request listening

"Can you just listen without fixing?"

Try Navigate Menopause Free



Need help finding words? Try asking things like:

- "Help me explain menopause to my partner."
- "Give me a script to talk about mood swings."
- "I feel alone — remind me I'm not."