



# Thriving at Work Through Menopause

Focus, Energy & Confidence — Even on Brain Fog Days

Brought to you by Navigate Menopause





## The Reality at Work



**Brain fog, hot flashes,  
fatigue – all real**



**Many women feel  
pressure to hide  
symptoms**



**You deserve support, not shame**





# Combat Brain Fog in the Office



**Break big tasks into smaller chunks**



**Use reminders, timers, and lists**



**Take a 5-min walk to reset between tasks**

**Ask Navigate Menopause:**

"Help me structure my workday with low energy."

# Temperature Control Hacks



## **Dress in layers**

Easily add or remove clothing as needed



## **Keep a fan or cooling spray at your desk**

Quick relief when needed



## **Speak to HR about room adjustments if needed**

Advocate for your comfort





# Navigate Fatigue Strategically

## **Schedule demanding tasks for your best time of day**

Work with your natural energy patterns

## **Eat a protein-rich snack mid-morning or mid-afternoon**

Maintain steady energy levels

## **Micro-rest: close eyes for 1 min, breathe deep**

Quick rejuvenation technique



# When You Need to Step Away

**If a hot flash or emotional wave hits**  
Recognize the need for a brief break



**Step outside or into the restroom**

Find a private moment

**Cool water, deep breaths, grounding phrases**

"This will pass. I am okay."

# Communicating With Confidence

## **If you choose to share:**

"I'm going through some hormonal changes that affect my energy."

## **Setting boundaries:**

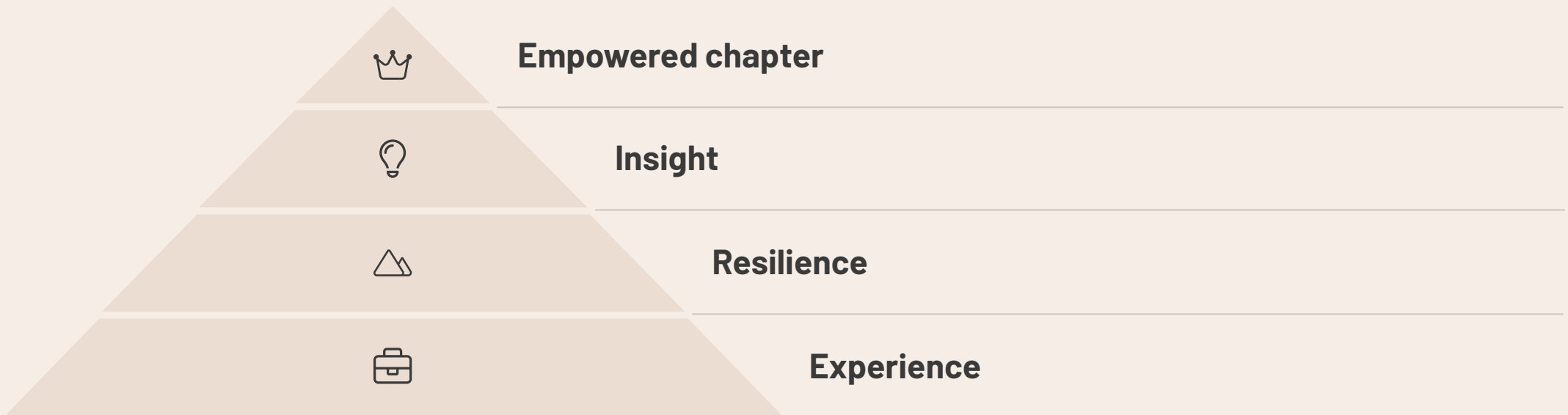
"I may need occasional breaks — thanks for understanding."

## **Ask Navigate Menopause:**

"How do I talk to my manager about menopause?"



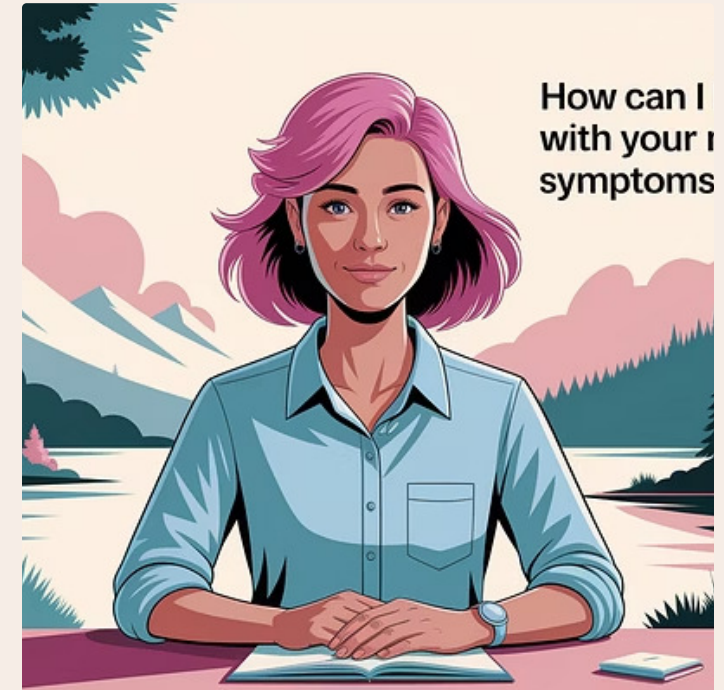
# You Belong Here



You bring experience, insight, and resilience. Midlife is not the end of your career — it can be your most empowered chapter yet.



# Try Navigate Menopause Free



In the middle of your workday or after hours, we're here. Try asking things like:

- "Help me reset my focus."
- "What can I say when I feel flustered at work?"
- "Talk me through this confidence dip."