

Hormones- Group Exercises

Group Questions

During menopause and perimenopause, almost all women do not feel supported enough, and a third do not feel supported by anyone.

- What have you learned about menopause/perimenopause?
- Who talked to you about it? Did you learn about it in school? From your mother? Your friends? Your doctor? Books?
- Do you feel like it's discussed openly among family and friends in the workplace?
- Could better preparation make this transition easier?
- Do you think your doctor or healthcare provider understands how hormones during the menopausal transition interact with your ADHD symptoms and medications?
- If not, do you feel comfortable talking with your doctor about your concerns or sharing information with them about what you've learned?
- Studies show that women who live in cultures where aging women are valued more have less of a difficult time with menopause. How do you think our culture treats women as they age?

✧ End The ✧
STIGMA



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Ideal Menopause Talk

As a woman gets older, her eggs become fewer and lower in quality, which affects the production of hormones such as estrogen and progesterone. Symptoms of menopause include changes in periods, hot flashes, vaginal dryness, sadness, trouble sleeping, and difficulty with concentration memory, and a feeling of brain fog. Studies suggest brain fog during menopause is often temporary and eventually lifts. These symptoms can last for years and usually start in a woman's mid-40s but can start sooner. Women with ADHD may experience worse menopause symptoms.

Available treatments include HRT, antidepressants, and hormonal treatments. For women with ADHD, adjustments to their stimulants are recommended.

HRT. is safe for most women who start before age 60. Women with a uterus may also need to take progesterone or a progesterone-like hormone to decrease cancer risk.

There are treatments available for you that can help. Don't give up if you are feeling bad, but also be careful not to try untested products that could be harmful because menopause isn't discussed; companies with products that don't work prey upon menopausal women who are struggling.

You deserve the support you need to navigate this transition. Share about what's happening with people you trust. Don't keep it a secret.

Self-care, accommodations, self-compassion, and self-advocacy are crucial. Gather your support system and break the shame by discussing it and educating yourself. Ask for help when you need it. Don't be afraid to change your routine or environment to make it more comfortable. You may need to adjust your workload, take breaks, or ask for accommodations to help you manage your symptoms. Be kind and patient with yourself; this journey is unique to you.



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Periods 101

1. Think about the messages you received about menstruation:
- Were you encouraged to rest and care for yourself when you felt sick or uncomfortable?

- Were you taught about the potential impact of hormones on your mood and emotions?

End the Stigma

- Were there any negative messages or stigmas associated with periods in your upbringing?

2. Consider your discussions with healthcare providers regarding ADHD and hormonal fluctuations:



- Has your doctor ever discussed the possible impact of your menstrual cycle on your ADHD symptoms?



- If yes, did they provide helpful information and guidance on managing these fluctuations?

- If no, do you feel this is an important topic to discuss with your doctor in the future?



3. If you have a daughter with ADHD:

- Have you discussed menstruation and its potential effects on her ADHD symptoms with her?

- What information or resources have you provided her to help her navigate this aspect of her life?



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IDEAL PERIOD TALK

Every month, you get your period which now means you can have a baby. It has three phases: the bleeding phase, the follicular phase, and the luteal phase. During the bleeding phase, which can last between 3-7 days, some people may feel tired and experience discomfort. It is important to respect your body and listen to how you're feeling. This means taking a break if you need it, resting, taking any necessary medication, and staying home from school if you don't feel well. During the follicular phase (day 1 to around day 14), many people usually feel good and have lots of energy. This is a great time to do things that need a lot of focus or energy, like working on a project or doing sports.

Ovulation is the process in which a mature egg is released from the ovary and travels down the fallopian tube, where it may be fertilized by sperm. It usually occurs midway through the menstrual cycle, around day 14.

During the luteal phase (between ovulation and menstruation), some people may feel tired again, and it's important to take care of yourself by doing things like taking a bath, doing simple tasks, and indulging in things you enjoy. It's important to understand your menstrual cycle and listen to your body. This means noticing when you're feeling tired, or when you have a lot of energy, and doing what you need to take care of yourself.

Later in life, if you feel sick, don't hesitate to call out of work and take time to rest. It's important to prioritize your health and well-being. Remember to always be kind to yourself and take care of your body and mind. If you have any concerns or questions, ASK.