The Power of Positivity with Menopause

by BRENDA VANTA

A Positive Perspective on Menopause

Contrary to popular belief, reaching menopause is not the time when your body shuts down, you start to age all of a sudden and experience hot flashes and mood swings every single day. Menopause is another phase in a woman's life, as was the childhood and the reproductive years. It is a wonderful period, as a woman already gained maturity, experience, confidence and wisdom. The children may be old enough to live on their own, and menopause would be a perfect time to regain freedom and focus on personal growth. Now let's look at positive thinking and menopause.

The Power of Positive Thinking

Scientists found that women who have a positive attitude towards menopause are likely to experience fewer symptoms such as hot flashes, depression or mood swings. An easy way to have positive thoughts every day is to practice gratitude. Use a diary and write down every day a few things you are grateful for. Think about them at night and hold on to those thoughts for a minute or two. Do the same in the morning, and you will notice how well you feel throughout the entire day.

Feel Good about Yourself

You should have good thoughts about your body as well. Yes, it is true that during menopause you will notice some chances. But if you exercise daily, you can boost the levels of human growth hormone (which has true anti-aging qualities and can reverse the effects of low estrogen). Rather than focusing on your wrinkles, check your eyes and your smile when you look in the mirror.

It's All about You

You spend many years focusing on your children, partner or career. During menopause, you have plenty of time to think about yourself and re-discover the new you. Adopt a healthy lifestyle including a healthy diet, exercise and mind-body techniques such as yoga, tai chi or meditation. Pursue old hobbies, and look for new ones. Now is the time to think more about what you want. The goal is to feel good all day, every day.

Relationships Are Important, Too

Menopause is also a great time to strengthen your relationships with family and friends. You have more time available for them, and you have more wisdom. Set up specific days when you work on your relationship, or go out with friends. You need a strong social support. Perhaps you can join a group of women who go through menopause as well. It would be a great place to share experiences.

Live in the Now

Staying present and living in the now is the key to happiness. When you are upset, you likely live in the past and recall negative experiences or thoughts. When you worry about what will happen tomorrow or next year, guess what – you live in the future. A few things that can help you live in the now: watching a sunrise or a sunset, the ocean, a walk in nature or meditation/relaxation techniques.

Natural Therapies for Symptom Relief

Besides adopting a healthy diet and fitness plans, try some acupuncture and natural remedies such as vitamins B and E, black cohosh, dong quai, evening primrose oil, flax seeds and soy products (which are a great source of estrogen-like compounds).

Make Your Menopause a Positive Experience