Enjoying Thanksgiving With Menopause

by YVONNE BANKS

Top Tips for Thanksgiving With Menopause

Having menopausal symptoms is bad enough, but with the holidays around the corner, it is seems nearly to impossible to think you will make it through the ordeal. Thanksgiving to you may be synonymous with stress and anxiety, and stress can lead to unsettling sleep, weight gain, and make hot flashes worse.

Luckily, there are some things you can do to keep your cool and make it through the Thanksgiving holiday, and perhaps even enjoy it!

Prioritize

This is the most important thing to do. Make a list and stick to it; don't add things without crossing off thing that don't really need to be done. This will help you keep track of things and reduce your workload to the tasks that are the most important.

Share and Delegate

You are probably very capable of multitasking proficiently, but give yourself a break. Get your kids involved in preparing for the holiday and ask your significant other for help. Make the dinner a potluck by having guests bring a side dish or dessert. You don't need to do it all on your own.

Have Fun

Have a Thanksgiving night out with your friends. It is vital to have social support during this time of your life and it is especially stress-relieving to vent among friends who get what you're going through and have a laugh.

Relaxation Techniques

There are many techniques you can try for relaxation. Yoga is a popular activity as well as meditation. Deep, rhythmic breathing techniques can de-stress your body and help you to relax, as they quiet the mind and facilitate positivity.

Take a Break

Be sure to schedule in some time for yourself in amongst all the Thanksgiving preparations and events. This can be to attend a yoga class, go to the Y to swim, or get a massage or pedicure – whatever you want to do.

Get Enough Sleep

*S*leep is a vital element that many of us seem to lack these days. Around the holidays, we get even fewer hours of rest. It is important, especially having menopause, to get at least 7-9 hours of sleep each night. A cool, dark bedroom creates an environment conducive for sleep.

You will feel much more rested during the day and able to tackle the tasks that need to be done. See your doctor if you're struggling with insomnia.

Laugh

Laughter is a great stress reliever; it lifts your spirits and puts you in a positive mood. This can be a life-saver during the busy holiday season, especially if you can keep a light mood about everything. Watch some holiday movies that warm your heart or tickle your funny bone. There is nothing like humor to get you through the holidays.