



Mental toughness and menopause - it's a thing! Let's talk some more about it ❤️

Managing your menopause with self-empowerment comes when you build your self awareness, and bolster it by drawing on your mental toughness. Mental toughness helps you thrive through your menopause challenges, rather than simply survive.

The 4C Model of Mental Toughness (Clough, P. J., et al. (2002) includes (unsurprisingly) 4 elements: Control, Commitment, Challenge, and Confidence.

Let's consider how you can use each of them as you manage your menopause.

1 Control: Managing emotions & daily life

- ◆ Take charge: Understand your symptoms and identify triggers (such as lack of sleep, increased stress, or poor nutrition).
- ◆ Emotional regulation: Practice mindfulness, breathing exercises, gratitude or journaling to manage mood swings. 🌸
- ◆ Routine & flexibility: Establish routines and boundaries that work for you and be adaptable when needed. 📅

2 Commitment: staying engaged & focused

- ◆ Set realistic goals: Adjust expectations without self-judgment. Small, achievable steps help maintain momentum. 📝

- ◆ Energy management: Prioritise tasks based on energy levels. Don't push through exhaustion, but rather schedule wellbeing breaks. 🚫
- ◆ Consistency over perfection: Show up for yourself with self compassion especially on tough days. Progress matters more than perfection.

3 Challenge: Embracing change & growth

- ◆ Reframe Menopause: See it as a natural transition, not a decline. Focus on what you can gain, including wisdom, self-awareness, and a new phase of life. 🌱
- ◆ Stay curious: Learn about menopause management strategies including nutrition, movement, and medical options. 🧐
- ◆ Seek new opportunities: Explore ways to grow such as learning new skills, or redefining personal and professional goals.

4 Confidence: Trusting yourself & advocating for support

- ◆ Believe in your abilities: Menopause doesn't define your competence. Recognise and celebrate your strengths, experience and expertise. 🙌
- ◆ Speak up: Advocate for workplace adjustments, support networks, or medical care as needed.
- ◆ Surround yourself with support: Connect with others going through their menopause journey, as community fosters confidence. 🤝

By applying the 4C Model, menopause becomes a period of self-leadership, resilience, grit, and growth rather than simply a challenge to get through. Your optimistic mindset and purposeful intent will support you as you manage the challenges which might come your way.

Engage your mental toughness capabilities to thrive though your menopause journey, rather than just survive.

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She is on a mission to support organisations to be "M.A.D" about Menopause™ (making a difference) at work, and aids with raising the understanding, awareness and support of the workforce.

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