

# MENOPAUSE SUPPORT IN THE WORKPLACE

*Empowering employees through knowledge, support, and understanding*

Menopause is a natural phase of life, yet the physical and emotional changes can impact energy, confidence, and well-being, including at work. Your EAP offers compassionate, confidential resources to help you navigate this transition with confidence.

Whether you're experiencing perimenopause, menopause, post-menopause, or simply planning ahead, you're not alone, support is available.



## AVAILABLE RESOURCES:

- Articles and tip sheets on hormonal health, sleep, mood, and symptom management.
- Guidance for handling hot flashes, brain fog, anxiety, and fatigue at work and at home.
- Nutrition and lifestyle strategies to support hormonal balance.
- Referrals to menopause-trained healthcare providers and specialists.
- Support groups, virtual and in person.
- Webinars and workshops on women's mid-life wellness.
- Coaching for fitness, sleep, mindfulness, and emotional well-being.
- Tools for communicating needs with partners, family members, and medical providers.
- Work-friendly strategies: cooling techniques, ergonomic options, pacing and breaks.

**TOLL-FREE: 866-212-6096**

**WEBSITE: <https://neelyeap.helpwhereyouare.com>**

**COMPANY CODE: TRS**